

COUGAR CROSS COUNTRY

Season Goal Sheet

NAME: _____ GRADE: _____ SEASON: _____

Goal setting is an important component to a successful athletic equation. The right goals will give you motivation and direction in your training. They should offer the athlete challenging, though realistic, performance targets. Whether you are a rookie or a veteran, your goals must be carefully planned. **Sharing** these goals with your teammates and coaches will allow others to understand and support you on the road to achievement.

GUIDELINES: Simply setting one enormous goal doesn't work. The goal must be based on the current ability level of the athlete, and there must be thought out steps to climb along the way.

Therefore, you will be creating a succession of goals for the Cross Country season:

1. *Week 5 Goal;*
2. *Week 10 Goal;*
3. *Final Season Goal.*

For any distance event most athletes can reasonably expect to improve their performance by about **10%** over the course of a season. Another method is the "4 seconds per mile per month" theory. An athlete can expect to improve 4 seconds per mile of race distance each month through the season. Keep this in mind as you create your goals. Don't set yourself up for failure by choosing goals that are unrealistic.

For each of the three goals briefly explain the specific **action** or **behavior** you will demonstrate in order to achieve them. Remember, performance gains are directly related to increases in commitment & training, nutritional intake and quality recovery. You must be able to articulate how you will go about achieving a goal. **YOU MUST DEMONSTRATE THAT YOU ARE IN CONTROL!!!**

Fill in sheet completely. Be as specific as possible in your explanations!

1. Week #5 Goal: _____

How will you achieve this Goal?: _____

2. Week #10 Goal: _____

How will you achieve this Goal?: _____

3. Final Season Goal: _____

How will you achieve this Goal?: _____
