

Name: _____ Grade: _____

Roosevelt Cross-Country Goal Sheet

During the course of the season, we will be making several goals including team goals and individual goals.

Team Goals: What are your goals that you would like to see the team accomplish?

- 1.
- 2.
- 3.

Individual short term goals: What are your goals that you would like to personally accomplish this season?

- 1.
- 2.
- 3.

Individual long term goals: What are your goals that you would like to accomplish by the end of your high school running career?

- 1.
- 2.
- 3.

What are three things that you will do to help accomplish these goals?

- 1.
- 2.
- 3.

Please share three positive things that running or being a part of this team has done for you.

- 1.

2.

3.

Gratitude	Committed/Passionate
Self-Discipline/Time Management	Best Teammate/Supportive

Team Motto: