

# COUGAR HOCKEY

## Player goal questionnaire

(Attainable, Measurable, Time line)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### INDIVIDUAL goals:

1. \_\_\_\_\_

By: \_\_\_\_\_

2. \_\_\_\_\_

By: \_\_\_\_\_

3. \_\_\_\_\_

By: \_\_\_\_\_

What do I expect of MYSELF this season?

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### TEAM goals:

1. \_\_\_\_\_

By: \_\_\_\_\_

2. \_\_\_\_\_

By: \_\_\_\_\_

3. \_\_\_\_\_

By: \_\_\_\_\_

What do I expect the TEAM this season?

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To be returned to your coach by the 3rd practice after tryouts.