



2024 Track Goal Setting

Name:

Grade:

Personal Bests you've run so far:
(If you do not know, leave blank)

400 meters

800 meters

1600 meters

3200 meters

5000 meters cross country

What other sports are you actively involved in during the year?

Rank your importance of the sports that you participate in:

Approximately, how many miles did you RUN this winter off season?
(Circle)

None 10 25 50 100 200
300 400 plus

Rank your reasons for being in this sport, on this team.

Hang out with friends

To get in shape

To run the best I can and contribute to the team

To get in shape for another sport

What is your primary short term goal to accomplish this season.

(Check all that apply to you)

To earn a varsity letter M

To make varsity

To keep improving throughout the season, my own personal best times

To place in the conference meet

To qualify for the state meet

To make All State

To place high at State

How many winter captain's practices in the dome did you attend in the weeks leading up to track?

My realistic long range goals in this sport at MHS are?

Areas you think you need to work on in practice to further improve?

What types of workouts do you like doing best?

What times are you shooting for during this season?

What obstacles might prevent you from attaining your goals?

What kind of practice habits will it take to achieve your set goal for this season?

I am willing to make the commitment to achieve my goals that I have set.

Remember, that the will to prepare to win is much greater than just having the will to win, everybody wants to win.

Also remember, that goals set should be challenging but attainable and realistic.