

# RCK Spring Track & Field Goal Setting Form

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

Grade: \_\_\_\_\_

You will set short-term and long-term goals for the season. Your short-term goals should be realistic and progressive – one leading to the next. Base them on your training and current fitness level. Your long-term goal should be something that is a little bit out of reach at the beginning or middle of the season. (i.e. a certain time or mark or a sectional championship etc.)

## Factors in Successful Goal Setting and Achievement

- Decide what you want to accomplish or achieve
- Your goal(s) must be realistic and achievable
- Your goal(s) must be specific and measurable (time, height, distance, place)
- Establish a timeline/deadline for reaching each goal
- Put your goal(s) in writing
- Believe in your ability to achieve the goal(s) you set

In the table below, make a check beside the events you would like to compete in. List your Personal Record (PR) if you have one. List a goal (time, height or distance) for each event you select. If you are new to an event leave the PR and goal blank. We will complete this sheet after you have tried the event.

### Track & Field Goals

Check	Events	Existing PR (time, height, distance)	Season Goal (time, height, distance)
	Pole Vault		
	High Jump		
	Long Jump		
	Triple Jump		
	Shot Put		
	Discus		
	Javelin		
	3200/3000m run		
	1600/1500m run		
	800m run		
	400m dash		
	400m IH		
	200m dash		
	100m dash		
	110m HH		
	2000/3000m SC		
	Relay Split(        )		

For this part, I want you to reflect on where you are and where you would like to be, both academically as well as athletically by the end of the season.

**Academic Goals:** (Earn all A's and B's, Scholar Athlete, Maintain Academic Eligibility, Improve grades, etc.)

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**Short-Term Goals:** (Run on a specific relay, improve your time or mark in an event, qualify for Class A meet, etc.)

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**Long-Term Goals:** (See Short-Term goals, earn a varsity letter, set a school record, qualify for the State Qualifiers, earn Northern Counties honors, etc.)

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**Stretch/Dream Goals:** (See Long-Term goals, qualify for the State Meet, earn an athletic scholarship and/or the right to compete at the college level, etc.)

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