

Name: _____

2020 Prospect Cross Country Goals, Targets and Process

Fill this out then schedule a 1 on 1 meeting with your coach to go over your goals and targets. You will keep this, post in your room where you can see it every single day, and you will achieve your goals and targets through daily hard work, dedication and a commitment to your teammates!

Goals: Something you haven't done before but certainly attainable during the season. For example, a 16:00 3 mile kid might have a goal of running under 15:40.

Targets: Somewhat far out there. If you did this, it would be pretty amazing. For example, a 16:00 3 mile kids might have a target of running under 15:15.

Process: What are you going to do to help you achieve your goals and targets?

Goal 1:

Goal 2:

Goal 3:

Target 1:

Target 2:

Target 3:

Process 1:

Process 2:

Process 3: