

Montgomery Track & Field Goals Sheet

Name: _____ Grade: _____

Setting and striving towards goals is an important piece of successful athletics. Take some time to think about what specifically you want to accomplish this season and beyond. Goals should be challenging, but realistic. Use this form to write them down and turn it in the coaching staff.

“The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move.” John Wooden

What events do you want to compete in this season? Circle your primary events of interest and underline additional events you might be interested in.

100m	200m	400m	800m	1600m	3200m
100/110 Hurdles		300 Hurdles		4x100 Relay	4x400 Relay
4x800 Relay	Shot Put		Discus	High Jump	
Pole Vault	Long Jump		Triple Jump		

List the top three meets which you want to have a great performance at. What makes these meets important to you? Meet schedule is on our website <https://www.montgomerytrack.com>

Meet #1: _____

Meet #2: _____

Meet #3: _____

Write your goal as a sentence in the first blank, then explain why you want to accomplish this and what steps you want to take to achieve it. Be as specific as possible.

Goal #1: _____

Explanation: _____

Goal #2: _____

Explanation: _____

Goal #3: _____

Explanation: _____
