

MCHS XC 2019 ATHLETE GOAL CARD

NAME: _____

Coaches Sign-off SEASON (S.M.A.R.T) GOAL STATEMENT: _____

Specific: What exactly do I want to do? **Measurable:** How will I track my progress? **Attainable:** Is this realistic, do I have what I need to make it possible? **Relevant:** Why am I doing this, does it matter to me? **Time-oriented:** When will I have this completed? (write supporting notes on back of this paper)

MY "BEAST-MODE" MANTRA: _____

MCHS XC 2019 RACE GOAL CARD

RACE/DATE: _____

PRE-RACE COACH SIGN-OFF

NAME: _____

RACE STRATEGY/GOAL STATEMENT: _____

Note: Be as specific as possible; what exactly am I trying to accomplish? Choose a race goal that's relevant and in your control (i.e. race first mile in 0X:XX, then hold pace, or don't slow down by more than :XX or %, OK to express goal in time or a % improvement, consider weather, course conditions, etc... Always best to include a race goal finish time.)

ANALYZE WHAT ACTUALLY HAPPENED? _____

WHAT DID I LEARN/WHAT WILL I CHANGE NEXT TIME? _____

POST-RACE COACH SIGN-OFF