**FHS CROSS COUNTRY GOALS SHEET (see 2nd page for explanations)**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_GRADE\_\_\_\_\_\_**

**Dream Goals (3 to 6 years down the road)**

**Individual Season Goals**

**Spirit Goals**

**Team Goals**

**Process Goals**

**Intermediate Goals**

**Short Term Goals**

**Goal setting is not just about identifying what you want to achieve but also how you will achieve it (process goals) and measure that achievement (performance goals).**

**Outcome Goals, Process Goals and Performance Goals all need to be SMARTER:**

* **S**pecific - make them as precise and detailed as possible
* **M**easurable - a method by which you can quantify or rate your current position and then determine the amount of improvement required
* **A**ccepted - goals need to be shared and negotiated with all others involved
* **R**ealistic - the goal is realistic yet challenging
* **T**ime phased - date is set for when the goal is to be achieved by
* **E**xciting - goal motivates the individual
* **R**ecorded - the goal and progress towards it are recorded

Every week set new goals for yourself. A great objective for running would be, "Run three times this week. Each run must be 25 minutes or longer." After you think of a goal, make sure it meets every requirement. Set your goals every week, and keep it in your wallet or taped to your locker. Make the goal sheet about the size of a dollar bill. Here is a bad example of a goal I might set. "Run some more." Now I will make it into a Smart Running Goal by breaking it down for each part of S.M.A.R.T.

**Is it Specific?** No. I would have to change it to maybe, "Run four times."

**Is it Measurable?** Yes, but it could be better. I could change it to, "Run four times. Each run must be 20 minutes or longer."

**Is it Achievable?** That depends. If you know your weekly schedule won't allow for this time commitment, you may have to adjust the goals. I could alter it. "Run three times. Each run must be 25 minutes or longer." I decreased the number of times this week, but increased the amount of time ran.

**Is it Realistic?** Don't set a goal too high. You might set yourself up for disappointment. Also, don't undermine yourself. There is always room for improvement. I believe my goal is realistic so I won't change it. Remember that even if your ultimate goal is to complete a marathon. Stay small with a smart goal as you work towards a larger goal.

**Set a Timetable.** This part is huge. I said, "Run three times," but I need to add the timeframe. My final goal now looks like this. "**Run three times this week. Each run must be 25 minutes or longer**."

**Goal definitions**

**Dream Goals (3 to 6 years down the road)**

Where do you want to be as a runner/athlete in 3 to 6 years? These goals can be big or moderate (from being an Olympic athlete to merely being in shape). They may be less defined than a shorter-term goal but they should be real and meaningful and something you would really like to work for.

**Individual Season Goals**

These should be your one or two main goals for the season. They should stretch your limits and be truly challenging, but only to the extent you are prepared to do the things necessary to give yourself a chance to meet them. If you are not ready to commit to it, you should not write it down here. You might think in terms of statistical achievements, your place on the team or in the league or awards or recognitions you hope to achieve. Do not pick more than one or two; decide what is really most important.

**Spirit Goals**

These may be the most important of goals; they involve personal growth and how you want to feel when the season is all over, what you want to take away with you besides a medal that is only worth maybe $5. Ask yourself what is driving you to seek out your other goals in the first place; or in other words, what do you really hope to get out of this besides defeating others. While meeting your Season Goals may contribute to reaching your spirit goals, your spirit goals should stand alone. For some people their spirit goals involve having applied themselves to the fullest, for others it has to do with fitness, and for others still, it has to do with having experienced the love of competition.

**Team Goals**

What two or three things do you want to achieve as part of the team? It is important that team leaders vocalize these goals otherwise they will never materialize in a way that will drive performance and give a season meaning. These should be challenging yet reachable, and they must by specific and backed up by commitment. Your individual season goals will contribute to directly team success.

**Process Goals**

These are the things outside of competition that you must do to achieve your other goals. Do not just list the things you already do well (although that is a great exercise for another time), but rather, focus on the things you want to work on and improve. These could include extra weight training, increasing your weekly mileage a certain distance, running once every weekend, improving an aspect of your diet, getting a certain amount of sleep, stretching, supporting team-mates, having a certain attitude or approach to practice. You should list 3 to 5 things.

**Intermediate Goals**

These are 2nd tier goals that will serve as steps to your Individual Season Goals. If you want to set a school record, maybe you need to think about where you need to be by mid-season. What are the things that will bring you satisfaction along the way to your Season Goal?

**Short Term Goals**

What do you want to do in the next race or game? You should never enter a competition without a specific goal whether it is to race at a certain pace, beat a specific runner, score a certain number of points, play a certain way in the context of a game, or utilize a certain strategy. Unless you do this, you will have no meaningful way to assess your performance.