

Name: _____

Please complete this form by August 15, 2016 and have it turned in to a coach - PAPER COPY ONLY!

It is important at the beginning of a season to set goals for yourself and your team in order focus on what you want to do during our time together. The coaches will use these sheets to help you as individuals and prepare the teams for their goals. Please use the following chart for "SMART" goals to help you answer the questions below:

S	• Specific: State exactly what you want to accomplish (Who, What, Where, Why)
M	• Measurable: How will you demonstrate and evaluate the extent to which the goal has been met?
A	• Achievable: stretch and challenging goals within ability to achieve outcome. What is the action-oriented verb?
R	• Relevant: How does the goal tie into your key responsibilities? How is it aligned to objectives?
T	• Time-bound: Set 1 or more target dates, the "by when" to guide your goal to successful and timely completion (include deadlines, dates and frequency)

My personal goals for the season:

1. _____
2. _____
3. _____

My goals for the team this season:

1. _____
2. _____
3. _____

Ways that I like to be motivated by others:

1. _____
2. _____
3. _____

Ways that I like to get pumped up (pre-game):

1. _____
2. _____
3. _____

How I can help motivate others:

1. _____
2. _____
3. _____

What are important things to make up a team:

1. _____
2. _____
3. _____

What I need from my coach:

1. _____
2. _____
3. _____