

Name: \_\_\_\_\_

Team: \_\_\_\_\_

## Athlete Goals

1. What can be your greatest achievement this season? What is possible for you?
2. How do you want the coaches to treat you in practice to help you improve as an athlete?
3. How do you want the coaches to treat you before a game? What works to motivate you to reach your goals?
4. What will make this sport fun for you?
5. What really motivates you?
6. What are your personal goals for this season?
7. What should be the team's goals?
8. Being successful means you have to make a commitment. What kind of commitment are you willing to make for yourself and this team? What will you do to reach your personal and team goals? (use back of if needed)