

## TRACK & FIELD EVENT PREFERENCE & GOAL SHEET

NAME \_\_\_\_\_

Circle your choices and list a goal (time, height, or distance) for each event you select. If you are uncertain of a goal (time, height, or distance), circle your choices and your event coach will help you with setting a goal.

Notes: Track & Field rules allow you to compete in a maximum of four events at a meet. Circle all that you are interested in, just keep in mind the above statement. Unified events require a peer partner and may be coed.

### FIELD EVENTS

Long Jump \_\_\_\_\_

High Jump \_\_\_\_\_

Long Jump Unified \_\_\_\_\_

Discus \_\_\_\_\_

Triple Jump \_\_\_\_\_

Shot Put \_\_\_\_\_

### RUNNING EVENTS

100 Meter \_\_\_\_\_

100/110 Meter High Hurdles \_\_\_\_\_

100 Meter Unified \_\_\_\_\_

300 Meter Hurdles \_\_\_\_\_

200 Meter \_\_\_\_\_

3200 (4x800) Meter Relay \_\_\_\_\_  
(leg)

400 Meter \_\_\_\_\_

1600 (4x400) Meter Relay \_\_\_\_\_  
(leg)

800 Meter \_\_\_\_\_

1600 Meter \_\_\_\_\_

400 (4x100) Meter Relay \_\_\_\_\_  
(leg)

3200 Meter \_\_\_\_\_

400 (4x100) Unified Relay \_\_\_\_\_  
(leg)

**Directions:** Think about and answer each of the questions. Use complete sentences. The more thought & detail you add, the more likely you are to reach your goals.

### PERSONAL GOALS

What are 3 short term goals for this season?

- |    |           |
|----|-----------|
| 1. | Deadline: |
| 2. | Deadline: |
| 3. | Deadline: |

What are 3 long term goals for this sport?

- |    |           |
|----|-----------|
| 1. | Deadline: |
| 2. | Deadline: |
| 3. | Deadline: |

### TEAM GOALS

How do you intend to act as a member of this team? How will you make your teammates better? What type of team do you want this to be? How can you help make that happen?

### NUTRITIONAL GOALS

Set specific goals for eating right. How much water will you drink? What improvements can you make in your diet? What foods will you avoid?

### MENTAL GOALS

What improvements can you make in the way you think about training and competing that will help you become a better athlete and teammate?

### ACADEMIC GOALS

Set goals pertaining to your school performance.

LIST TWO PLACES WHERE YOU WILL POST YOUR GOALS SO YOU WILL SEE THEM EVERYDAY:

- |    |       |
|----|-------|
| 1. | _____ |
| 2. | _____ |

LIST ONE PERSON BESIDES YOUR EVENT COACH THAT YOU WILL SHARE YOUR GOAL WITH:

- |    |       |
|----|-------|
| 1. | _____ |
|----|-------|