

JESUIT TRACK GOAL SHEET

NAME _____

DATE _____

Sports of Interest _____

Track Events _____

Athletes Report Card

Speed _____
Strength _____
Coachability _____
Competitor _____
Durability _____
Interest _____
Commitment _____
Believer _____
Character _____
Flexibility _____
Talent _____
Toughness _____

Long Term Goals

Track: High School

College & Beyond

Other: _____ High School

College & Beyond

Academic Goals

Winter Training Goals

Weeks of Training

Sit Ups/Push Ups

Dec _____ days per week

Jan _____ days per week

Feb _____ days per week

March _____ days per week

Weights

Dec _____ days per week

Jan _____ days per week

Feb _____ days per week

March _____ days per week

Track Season Goals for: _____ (list year)

Event: _____

Feb. _____

Mar _____

April _____

May _____

Event: _____

Feb. _____

Mar _____

April _____

May _____

Event: _____

Feb. _____

Mar _____

April _____

May _____

Event: _____

Feb. _____

Mar _____

April _____

May _____