



GOAL PACKET

Name \_\_\_\_\_ Date \_\_\_\_\_

### *I Will...*

- BEHAVE & CONDUCT MYSELF in a manner that brings credit to myself, the school and the TEAM (“FAMILY”).
- MANAGE MY TIME to meet all my responsibilities in my school work, practice, learning, and other areas of my life.
- ATTEND EVERY practice, match, tournament and TEAM function on time or early.
- PURSUE physical & mental conditioning outside of practice as a normal part of my daily routine to reach and achieve my goals.
- DISCIPLINE my body & mind for good health to include pushing through fatigue, maintaining adequate sleep and a proper diet.
- COMMUNICATE both in practice and off the mat for a mutual understanding between the Coaching Staff & My Teammates.
- RECOGNIZE the uniqueness of wrestling, learn from my mistakes and never make excuses.
- ACCEPT & ENCOURAGE all coaching comments and assignments as ways that the TEAM & I may improve – I will remain 100% Coachable!
- SUPPORT & ENCOURAGE the good efforts & skills my teammates display each and every day!
- FOCUS on the task at hand – never create distractions or worry about worrying.
- PERFORM with enthusiasm, effort, intensity and determination – to the best of my ability in ALL training & competition!

*My purpose for Wrestling is....*

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*My Vision for our TEAM is...*

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*I have the following realistic, clearly defined goals for myself and the TEAM:*

*This Years Wrestling Goals:*

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*Long Term/Career Goals in Wrestling:*

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**SPECIFIC TECHNIQUE GOALS** (What "Technical Scoring Holds-Moves" do you want to master?) **BE SPECIFIC!**

*For Example: "Sweep Single" from my feet, "Stand-up" from bottom and "Near-side Cradle" from top.*

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**TO ATTAIN THEM I WILL DO THE FOLLOWING BY \_\_\_\_\_ (date)**

**Example: "Drill my set-ups & Scoring Technique 15 minutes before practice and 15 minutes after practice 3 times a week M\*W\*F, by Feb.10, 2006."**

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**SPECIFIC PERSONAL MENTAL/ATTITUDE GOALS (What kind of "Belief Level-Confidence Level" do you want to attain in order to optimize your performance?)**

**Example: "I will be able to compete against anybody in the STATE no matter who it is and I am a dangerous wrestler that no one wants to wrestle and who has the ability to beat anybody at any time – especially those who take me lightly."**

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**TO ATTAIN THEM I WILL DO THE FOLLOWING BY \_\_\_\_\_ (date)**

**Example: "I will spend 20 minutes every night in a quiet place picturing myself wrestling in tough matches, tournaments and opponents and seeing myself getting better with every move."**

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**SPECIFIC PERSONAL PHYSICAL GOALS (What kind of Strength & Power gains do YOU want to make before/during the season?)**

**Example: "Bench 250lbs., Squat 400lbs. and be known on the mat as a strong, powerful wrestler."**

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**TO ATTAIN THEM I WILL DO THE FOLLOWING BY \_\_\_\_\_ (date)**

**Example: "I will lift M\*W\*F for 30 minutes and measure my gains every 3 weeks."**

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**SPECIFIC OPPONENTS YOU INTEND ON BEATING:**

**NAME**

**SCHOOL**

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**OTHER IMPORTANT GOALS: (# of Takedowns, Wins, Pins, etc.)**

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**MATCH PREPARATION**

**HOW CAN YOUR COACHES & YOUR TEAMMATES BE MOST HELPFUL IN HANDLING PRESSURE PRIOR TO YOU WRESTLING IN COMPETITION? (Matches & Tournaments)**

\_\_\_\_\_ *Leaving YOU Alone*

\_\_\_\_\_ *Being Supportive*

\_\_\_\_\_ *Challenging YOU*

\_\_\_\_\_ *Making YOU Laugh*

\_\_\_\_\_ *Getting YOU Fired-Up*

\_\_\_\_\_ *Other*

**Wrestlers Signature** \_\_\_\_\_

**Coaches Signature** \_\_\_\_\_