Wrestler Goal Sheet

I Will ...

• MANAGE MY TIME to meet all my responsibilities in my schoolwork, 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 I may improve - I will remain 100% Coachable!

• 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!
I have the following realistic, clearly defined goals:

This Year's Wrestling Goals:

Long Term/Career Goals in Wrestling:

**SPECIFIC TECHNIQUE GOALS**
What techniques, skills, etc. do you want to master? BE SPECIFIC!
For Example: “Drag to a Sweep Single,” “Near-side Cradle,” etc.

**TO ATTAIN THEM I WILL DO THE FOLLOWING**
Example: “Drill my set-ups 15 minutes before practice and 15 minutes after practice 3 times a week.”

**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 district, state, or country.”

**TO ATTAIN THEM I WILL DO THE FOLLOWING**
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.”

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