GOALS THAT ARE NOT WRITTEN DOWN ARE JUST WISHES

Hello MVXC 2017 Athletes!

An important part of a successful season is having clearly defined goals. Each athlete should consider what they would like to accomplish with every workout, race, and season. We are more likely to reach our goals when we: 1) make them ourselves 2) write them down 3) share them. Each season, we start this process by asking that athletes to write down their personal, season goals.

"People with clear, written goals, accomplish far more in a shorter period of time than people without them could ever imagine." -- Brian Tracy

Please write 3 personal and 3 team goals on the team goal sheet provided.

Remember, a goal must be measurable. Examples of measurable goals are "I want to break 16:00 minutes on the Woodward Park course" or "I would like to score for our team in 5 meets." Examples of goals which are NOT measurable would be "I want to do well this season" or "I want to run fast."

"I think goals should never be easy, they should force you to work, even if they are uncomfortable at the time." -- Michael Phelps

Goals can have levels. In other words, you can have some goals that are likely if you stay focused and do the work, some goals that are more challenging, and some goals that are a reach.

"Your goals minus your doubts equal your reality." -- Ralph Marston

Goals can be either outcome or process based. An outcome goal focuses on the result and a process goal focuses on the "how." An outcome goal would be, "I would like to be the first Monte Vista Freshman to finish at the Monte Vista Invitational" or "I would like to run in one varsity race this season." An example of a process goal would be "I will negative split the Ed Sias race" or "Our team will do core 5 days a week" or "I will pass more people than pass me in the last 100 meters of the Nike Invitational." All athletes are required to write at least one process goal for every outcome goal.

This may be new to a few of you, so please feel free to ask me questions.

Coach Mandee