**PVGXC Goal Sheet**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is your vision for your life (i.e. long term life goals)?
2. What is your vision for yourself and this team specifically for this cross country season?
3. How did you plan to move toward that vision?
4. How can your teammates and/or coaches help you move toward that vision?
5. What is something you would like to share with me that most people don’t know about you?
6. What is your schedule (school, other extra-curricular activities, outside clubs, family responsibilities, etc.)? Anything I need to know to understand the work-load you have outside of cross country practice.
7. Tell me about your running history (i.e. how long you have been running, what your summer training was like, injury history, personal bests, training elements that worked or did not work for you in the past, etc.).