



Goal Setting Worksheets

Name: _____



SARNIA / BLUEWATER WRESTLING CLUB

Wrestler Goal Sheet

Name _____ Date _____

I Will...

- MANAGE MY TIME to meet all my responsibilities in my school work, practice, learning, and other areas of my life.
- ATTEND EVERY practice, tournament and TEAM function on time or early.
- PURSUE physical & mental conditioning outside of practice as a normal part of my daily routine to 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!

Who I have shared my goals with: _____

Who will help me achieve my goals: _____

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I have the following realistic, clearly defined goals:

Long Term/Career Goals in Wrestling:

- 1.
- 2.
- 3.

HOW WILL YOU ACHIEVE THESE (BE SPECIFIC):

This Year's Wrestling Goals:

- 1.
- 2.
- 3.

HOW WILL YOU ACHIEVE THESE (BE SPECIFIC): Short Term Goals (Daily/Weekly) – LIST THEM

SPECIFIC TECHNIQUE GOALS

What techniques, skills, etc. do you want to master? BE SPECIFIC!

Eg. Drag to a Sweep Single, Gut Wrench, Ankle Lace etc. To which side? Etc.

WHAT WILL YOU DO TO MASTER THESE (BE SPECIFIC) *eg. 20 reps to each side before and after practice*

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 takedown anybody in the region, province, or country."

- 1.
- 2.
- 3.

HOW WILL YOU ACHIEVE THESE (BE SPECIFIC):

Measureable Performance Goals. Outcome Driven. (# of Takedowns, Wins, Pins, etc.)

Measureable Performance Goals. Fitness and Health.

