

Gold Team Goal Sheets

Name _____

The 5 events I want to focus on, in order of preference are as follows:

	EVENT	CURRENT TIME	GOAL TIME	NOTES
1				
2				
3				
4				
5				

Three good practice goals for me are as follows:

1) _____

2) _____

3) _____

Outside of High School, I will average this many weekly practices

I will be competing for my high school	YES	NO
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If yes, I will attend this many AMFY practices per week: 1 2 3 4 5 6

Other Notes: