



2023 Goal Setting Worksheet

Name:

Event Goals: These are goals based specifically on your performance. They relate to specific distances or heights in field events and times in running events.

Examples – Run X:XX for the (insert event). Jump/throw X distance for (insert event).

List your goals below:

1)

2)

3)

Personal Goals: These goals don't have to do with performance but with what you want to get out of the season in other areas.

Examples – I'm going to make every Wednesday workout. I want to become a team leader. I will be positive every day at practice. I want to make new friends and become more outgoing. I want to try every event at least once.

Write your goals below:

ATHLETE CODE OF CONDUCT



"Tigres' vision is to provide high quality track and field programs that enhance children's lives."

I, _____, hereby pledge to be optimistic about my Tigres experience and accept responsibility for my participation by adhering to the **Athlete Code of Conduct** as follows:

- I will demonstrate and encourage good sportsmanship from myself and my fellow athletes at every practice and meet.
- I will try to attend every practice and meet that I can.
- I will do my best to listen and learn from my coaches.
- I will treat my coaches, other players, officials, and spectators with dignity, fairness, and respect.
- I will not use my words or gestures to taunt or bully anyone. If I witness bullying behavior, I will inform an adult as soon as possible (i.e., my parents, the coach, or another trusted adult).
- I will encourage my teammates.
- I deserve to have fun during my track and field experience and will alert my parents or coach if it stops being fun!
- After each race or event, I will demonstrate a "Winning without gloating" or "Losing without complaining" attitude.
- I will always put forth my best effort and take pride in doing so.
- I will take pride in my appearance and adhere to the dress code stated in the Tigres Guidelines. My failure to follow the dress code rules could result in my inability to participate in practice, meet, or event.
- I understand that the in-field is a device free zone, even for texting. If I wish to use my device, I will leave the field. If there is an emergency, I will notify a coach before using my device.

Players must properly conduct themselves. Use of profanity and verbal or physical harassment towards officials, staff, coaches, or players will not be tolerated. I understand that failure to abide by the above Code of Conduct may result in practice or meet suspension or temporary (possibly permanent) Tigres Club expulsion.

Athletes' Signature _____ Date _____