STUDENT ATHLETE GOAL PLANNER

Dream big, plan smart. Set goals the SMART way — Specific, Measurable, Achievable, Relevant, Time-bound — and review them every month with a parent, coach, or mentor.

MY SEASON GOALS (MAKE THEM SMART)

Athletic goal (skill, position, or performance):

Academic goal (GPA, study habit, or subject):

Leadership goal (how I'll lift my team):

SKILL DEVELOPMENT PLAN

Skill #1 I want to improve and the drills I'll use:

Skill #2 I want to improve and the drills I'll use:

- ☐ Schedule at least two extra skill sessions per week outside team practices.

CHARACTER & LEADERSHIP

- ☐ Volunteer with my team or community at least once this season.
- ☐ Encourage a teammate every practice — leadership starts with teammates.
- ☐ Show respect to officials, opponents, and coaches — win or lose.

MY LONG-TERM VISION

Where I want to be in 1 year:

Where I want to be in 5 years (school, sport, career):

MONTHLY CHECK-IN

What worked this month:

What I will adjust next month: