



# Windsor Hockey Academy 8-12 Personal Goals 2019-20



Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Period: \_\_\_\_\_

Value: 15 marks

Term: 1 2 3 (circle one)

## Curricular Competencies and Content

*Students are expected to be able to do the following:*

- (grade 8 and 9) identify and apply strategies to pursue healthy-living goals
- (grade 10) implementing a comprehensive plan incorporating goal setting processes
- (grade 11 and 12) design and implement plans for balanced, healthy living, including: nutrition, exercise, rest and work

Goal Setting is an important step toward achieving success in any endeavor, field, or job. It is easy to judge success, progress, and improvement when working toward a target or goal. Create three goals for each term. You must create one goal for each of the following categories: Academic, Hockey Skill, Hockey Related, Health and/or Fitness. Remember, think about creating SMART goals:

Specific: (Which aspect do you wish to improve?)

Measurable: (How will you judge whether you have attained your goal? Explain.)

Attainable: (Are you able to achieve your goal based on your situation or ability? Explain with an example.)

Relevant: (Why is this goal important to you? What impact will it make on your life? Explain.)

Timely: (What is the time frame for achieving this goal and is the time frame realistic?:  
one month, one season, one week, your entire life?)

### 1. Hockey Skill Goal

Create a goal that focusses on improvement of a particular hockey skill that you can work on each day in the Windsor Hockey Academy. It may be related to skating, shooting, passing, or stick handling to name only a few areas. It may be linked to the in-class testing.

Example: Improve forward skating speed, Increase accuracy of wrist shot

### 2. Hockey Related Goal

Create a goal that focusses on improvement in another hockey area. It may be skill-based, and similar to goal #1 but focused on a different skill. However, it may be based on what team/level you achieve after a tryout. It may be based on other aspects of your hockey development such as scoring, leadership, pass completion, etc.

Example: Win more puck battles than I lose each game, Win 50% of face offs each game

### 3. Health and Healthy Living Goal

Create a goal that is related to your improved health and/or healthy living. It may be related to dietary improvements, working on a more positive attitude, or cutting down on sedentary activity.

Example: I will improve my diet by "...limiting food and beverages high in sugar, calories, fat, or salt (sodium)." *Canada's Food Guide, 2011*



Below are your three goals for the term. In the spaces provided, explain each of your goals in terms of the SMART acronym outlined on page one. The shaded box is to be left blank until you review that goal at the end of the term. At the bottom of the second page is an example of a completed SMART Goal

### 1. Hockey Skill Goal (5 marks)

S: \_\_\_\_\_

*Specific: State which aspect you wish to improve.*

M: \_\_\_\_\_

*Measurable: Explain how you will judge whether you have attained your goal.*

A: \_\_\_\_\_

*Attainable: Explain how you will be able to achieve your goal based on your situation or ability. (team?)*

R: \_\_\_\_\_

*Relevant: Explain why this goal is important to you. What impact will it make on your life or game?*

T: \_\_\_\_\_

*Timely: What is the time in which you have set this goal?: one week, one term, one month, one season?*

1. Date of the review of Hockey Skill Goal: \_\_\_\_\_

Describe the progress you have made and whether you have attained your goal:

### 2. Hockey Related Goal (5 marks)

S: \_\_\_\_\_

*Specific: State which aspect you wish to improve.*

M: \_\_\_\_\_

*Measurable: Explain how you will judge whether you have attained your goal.*

A: \_\_\_\_\_

*Attainable: Explain how you will be able to achieve your goal based on your situation or ability. (team?)*

R: \_\_\_\_\_

*Relevant: Explain why this goal is important to you. What impact will it make on your life or game?*

T: \_\_\_\_\_

*Timely: What is the time in which you have set this goal?: one week, one term, one month, one season?*

2. Date of the review of Hockey Related Goal: \_\_\_\_\_

Describe the progress you have made and whether you have attained your goal:



### 3. Health and Healthy Living Goal (5 marks)

S: \_\_\_\_\_  
*Specific: State which aspect you wish to improve.*

M: \_\_\_\_\_  
*Measurable: Explain how you will judge whether you have attained your goal.*

A: \_\_\_\_\_  
*Attainable: Explain how you will be able to achieve your goal based on your situation or ability. (team?)*

R: \_\_\_\_\_  
*Relevant: Explain why this goal is important to you. What impact will it make on your life or game?*

T: \_\_\_\_\_  
*Timely: What is the time in which you have set this goal?: one week, one term, one month, one season?*

3. Date of the review of Health and Healthy Living Goal: \_\_\_\_\_

Describe the progress you have made and whether you have attained your goal:

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*IF YOU CHOOSE TO, YOU MAY FOLLOW THE EXAMPLE PROVIDED BELOW*

#### EXAMPLAR (Example)

### 1. Hockey Skill Goal (5 marks)

S: Improve the accuracy of my wrist shot  
*Specific: State which aspect you wish to improve.*

M: I will monitor this during my NVMHA games and assess my progress during Hockey Academy Testing  
*Measurable: Explain how you will judge whether you have attained your goal.*

A: I will use my team practices to improve. My shot needs improvement as I miss the net too often  
*Attainable: Explain how you will be able to achieve your goal based on your situation or ability. (team?)*

R: It is important because I want to contribute more to my team  
*Relevant: Explain why this goal is important to you. What impact will it make on your life or game?*

T: Yes it is realistic. I will assess my progress each practice and evaluate my progress each term  
*Timely: Is the time in which you have set this goal realistic: one week, one term, one month, one season?*