

PINNACLE HIGH WRESTLING - WRESTLER GOAL PACKET

Name (First, Last): _____

Date: _____

I Will ...

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

GPA

1. Last year's GPA _____
2. Current GPA _____
3. GPA Goal for this year. You should try and do better than last year!

****Minimum GPA to is a 2.5 on this team – challenge yourself in the gym and in the classroom!***

My purpose for Wrestling is.... (Circle all that apply)

1. Have fun
2. Competition
3. Get in shape
4. Friends
5. Toughness
6. Discipline
7. Self Defense
8. Other – Give more details below

My Vision for our TEAM is... (Circle all that apply)

1. Respect
2. Win
3. Tough
4. Intimidating
5. Family
6. Accountable
7. Fun
8. Other – Give more details below

I have the following realistic, clearly defined goals for myself and the TEAM:

This Year's Wrestling Goals: (Circle all that apply)

1. Survive the season
2. Get well conditioned
3. Starting JV
4. Starting Varsity
5. Over 50% win record
6. Over 75% win record
7. Over 90% win record
8. State Qualifier
9. State Placer
10. State Champion
11. Other – Give more details below

Long Term/Career Goals in Wrestling: (multi-pick list)

1. Starting Varsity
2. State Qualifier
3. State Placer
4. State Champion
5. National Champion/ All American
6. Wrestle in College
7. Wrestling Scholarship
8. Other – Give more details below

Who have you told about your short and long term wrestling goals? By doing this, it can make you more accountable and it can make the goals more real!

Example: I posted my dream of being a state champ by my Sr yr on Instagram. I told my parents and close friends. I posted my goals in my locker.

SPECIFIC TECHNIQUE GOALS (What “Technical Scoring Holds-Moves” do you want to master?) BE SPECIFIC!

For Example: “Sweep Single” from my feet, “Stand-up” from bottom and “Near-side Cradle” from top.

TO ATTAIN THEM I WILL DO THE FOLLOWING BY _____(date)

Example: “Drill my set-ups & Scoring Technique 15 minutes before practice and 15 minutes after practice 3 times a week M*W*F, by Feb.10, 2020.”

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 compete against anybody in the STATE no matter who it is and I am a dangerous wrestler that no one wants to wrestle and who has the ability to beat anybody at any time – especially those who take me lightly.”

TO ATTAIN THEM I WILL DO THE FOLLOWING BY _____(date)

Example: “I will spend 20 minutes every night in a quiet place picturing myself wrestling in tough matches, tournaments and opponents and seeing myself getting better with every move.”

SPECIFIC PERSONAL PHYSICAL GOALS (What kind of Strength & Power gains do YOU want to make during the season?)

Example: "100 push ups, 6 min mile, 200 air squats, 20 pull ups, 50 burpees, weigh 145 lbs strong, wrestle hard 7 min in a row (10 takedown attempts), bench 250lbs., Squat 400lbs, etc"

TO ATTAIN THEM I WILL DO THE FOLLOWING BY _____ (date)

Example: "I will lift M*W*F for 30 minutes and measure my gains every 3 weeks."

OTHER IMPORTANT GOALS: (# of Takedowns, Wins, Pins, etc.)

MATCH PREPARATION

HOW CAN YOUR COACHES & YOUR TEAMMATES BE MOST HELPFUL IN HANDLING PRESSURE PRIOR TO YOU WRESTLING IN COMPETITION? (Matches & Tournaments)

_____ **Leaving YOU Alone**

_____ **Being Supportive**

_____ **Challenging YOU**

_____ **Making YOU Laugh**

_____ **Getting YOU Fired-Up**

_____ **Other**

Wrestlers Signature _____

