



Wahoo Wrestling Club

Goal Sheet

2024/25 Season

Due on December 1st

Each season we encourage wrestlers to make at least two goals for themselves. They will work to achieve these throughout their season. Goals range from being able to better cartwheels, to making a new friend, to working hard at each practice, to being a state placer. Take time to set an attainable goal for this season according to ability level and experience.

"Setting goals is the first step in turning the invisible into the visible." - Tony Robbins

Name: _____ Grade: _____

Circle one:

Girl Group or **White Group** or **Blue Group** or **Gold Group**

Goal #1:

Goal #2:
