

YETI Path to Excellence Goal Sheet

Personal Information

- Name: _____
- Grade: _____
- Events: _____

YETI Pinnacle Goal

- **Ultimate Season Objective:**
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Summit Goals (Pathways to Pinnacle Goal)

1. Summit Goal 1:
 - Daily Commitments: 1. 2. 3.
2. Summit Goal 2:
 - Daily Commitments: 1. 2. 3.
3. Summit Goal 3:
 - Daily Commitments: 1. 2. 3.

Daily Ascent Goals (Supporting Summit Goals)

- **Commitments for Summit Goal 1:**
-
- **Commitments for Summit Goal 2:**
-
- **Commitments for Summit Goal 3:**
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Performance Metrics for Each Event (with a 5% Range)

1. Event 1:
 - Target Time Range: _____
2. Event 2:
 - Target Time Range: _____
3. Event 3:
 - Target Time Range: _____
4. Event 4:
 - Target Time Range: _____

Team Contribution Goals

- **Point Contribution:**
- **Team Spirit and Support:**

2. Attendance and Participation:

- Maintain 80% or higher attendance

Academic Excellence Goals

1. Grade Targets:

2. Balancing Sports and Studies:

Personal Growth Goals

- **Leadership and Teamwork:**

- **Mental Toughness:**

2. Healthy Habits:

- Hydration: _____
- Nutrition: _____
- Sleep: _____

Action Plan

1. Daily Practice Focus:

2. Weekly Review and Adjustments:

3. Monthly Check-Ins with Coaches:

Motivation and Feedback

1. Self-Motivation Techniques:

- Visualize success daily
- Use positive self-talk
- Set mini-goals for each practice

2. Feedback and Adjustments:

- Seek feedback from coaches regularly
- Adjust goals based on performance data
- Reflect on progress weekly

3. Support System:

- Engage with teammates for mutual support
- Communicate regularly with coaches
- Involve family for encouragement

Signatures

- Athlete: _____
- Coach: _____

- Date: _____

Notes

- **Coach's Feedback:**

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- **Parent's Support:**

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By setting clear, attainable goals and breaking them down into actionable steps, you are committing to your growth as an athlete and a student. Let's make this season your best one yet! Go YETI!