

TIPPECANOE



Name _____ Grade Level _____ Year _____

Current Personal Bests: 5K _____ 2 Mile _____ 1 Mile _____

7th Grade PR _____ 8th Grade PR _____

9th Grade PR _____ 10th Grade PR _____ 11th Grade PR _____

Goal Parameters:

- 1) Challenging, realistic, and obtainable
- 2) Time goal or significant place goal (or both)
- 3) Approval from coaching staff
- 4) Goal must be obtained during the current season.
- 5) Freshmen will not turn in goals until after St. Chris.
- 6) A max of three different goals may be set, only one is required--only one needs to be achieved to earn a tag.

Examples of Goals:

-Run under 22:00 minutes in every 5K -Set a 25 second PR -Earn a varsity letter for the first time -Break 17:00

Goal 1-

Goal 2-

Goal 3-
