

ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: Hayden Ritchie

GUIDELINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You **MUST BELIEVE** in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and **HARD WORK**.
7. You must be extremely specific in describing what goals you will achieve. **EXAMPLE:** "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: 3 - Consequences: you're out!!!
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. **Team:** Reach CIF Prelims
2. **Academic:** Get A's and B's in all classes.
3. Break 16:00 eventually
4. Break 15:40 eventually
5. Be the #1 runner in Orange County.
G. Run and finish my chores.

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: Ritchie

ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: Payton mc Devitt

GUIDELINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You MUST BELIEVE in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and HARD WORK.
7. You must be extremely specific in describing what goals you will achieve. EXAMPLE: "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: 3 - Consequences: kicked out of varsity practices
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. Team: Brea's Boogey man, get on or into CIF league.
2. Academic: Pass all my classes with C or Better
3. Get Times Between 17:30 - 16:50
4. Become 7th man, get varsity letter
5. Join TOP 5, "appear on the map"

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: Payton mc Devitt

6 Better Diet, Healthier life. less salt

ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: Chris Harris

GUIDELINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You MUST BELIEVE in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and HARD WORK.
7. You must be extremely specific in describing what goals you will achieve. EXAMPLE: "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: 3 - Consequences: Dropped
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. Team: CIF Prelims (Make it out of league)
2. Academic: Obtain 4.5 GPA
3. Sub-16:00 this season (Stay healthy)
4. 3rd man on our team
5. Crack into top 2

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: Chris Harris

Life Goal:

ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: Brandon Powell

GUIDELINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You **MUST BELIEVE** in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and **HARD WORK**.
7. You must be extremely specific in describing what goals you will achieve. **EXAMPLE:** "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: 3 - Consequences: Drop down (Varsity)
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. Team: CIF Prelims (Get out of League)
2. Academic: Maintain above a 3.8 GPA
3. Run down to 15:40, Make it to CIF
4. Run down past 15:20
5. Break 15:00 with at least a 14:59

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: Brandon Powell

ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: Noah Freeman

GUIDLEINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You **MUST BELIEVE** in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and **HARD WORK**.
7. You must be extremely specific in describing what goals you will achieve. **EXAMPLE:** "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: 3 - Consequences: _____
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. Team: CIF **PRE**lims
2. Academic: 3.7 gpa
3. 16:20
4. ~~15:50~~ break 16:00
5. 3rd in league fresh soph

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: W Freeman

ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: Edgar Rebelo

GUIDLEINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You MUST BELIEVE in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and HARD WORK.
7. You must be extremely specific in describing what goals you will achieve. EXAMPLE: "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: _____ - Consequences: _____
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. Team: off season
2. Academic: 3.5 GPA min.
3. break 17:00 min, variety
4. Top 5
5. win a race

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: Edgar Rebelo

6. Get into college

ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: Dakota Rodriguez

GUIDELINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You MUST BELIEVE in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and HARD WORK.
7. You must be extremely specific in describing what goals you will achieve. EXAMPLE: "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: 3 - Consequences: _____
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. Team: CI F
2. Academic: 3.6 GPA
3. Top 10 Rosemead
4. 15:30
5. 15.00

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: Dakota Rodriguez

6. Be successful.

ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: _____

GUIDELINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You **MUST BELIEVE** in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and **HARD WORK**.
7. You must be extremely specific in describing what goals you will achieve. **EXAMPLE:** "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: 2 - Consequences: _____
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. Team: CIF prelims
2. Academic: A in trig, calc, chem, 2.5 gpa
3. 2001 Varsity letter
4. Break 17, also learn to kick, punt, pass as well
5. Learn to be on the team

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: _____

[Handwritten signature]

ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: Logan Welby

GUIDELINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You MUST BELIEVE in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and HARD WORK.
7. You must be extremely specific in describing what goals you will achieve. EXAMPLE: "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: 3 - Consequences: _____
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. Team: CIF / Get out of league.

2. Academic: At least a 3.5 GPA

3. Top 10 Varsity race in Apache

4. 16:30

5. 15:59

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: Logan Welby

1
ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: Blake Harris

GUIDLEINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You MUST BELIEVE in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and HARD WORK.
7. You must be extremely specific in describing what goals you will achieve. EXAMPLE: "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: 3 - Consequences: _____
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. Team: CIF Prelims
2. Academic: 4.0 GPA
3. Top 5 at Rosemead
4. Win Rosemead
5. Sub 15 at Woodbridge

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: Blake Harris

6. To become a better teammate and friend