



2015 Mountain Vista Track & Field

TEAM Goals:

Score Points in the throws, jumps, relays, sprints and distance events at each meet

Top 2 at the JV and Frosh/Soph Continental League Meet

Top 3 at the Varsity Continental League Meet

Qualify 5 of 9 Relays to the State Meet

Place top 10 at the State Championships as a Team

My Individual Goals for the Season:

Perfecting the Process Daily to Achieve our Goals

Having Fun

Consistency

Work Ethic

Team Cohesion

Taking Care of the Little Things

Communication