



## **2015 Mountain Vista Girls XC Goals**

**TEAM Goals:**

**Sweep all 3 races at the Continental League Championship**

**Top 3 at State**

**Top 5 at NXR**

**Win 3 Meets**

**Improved Pack Time Each Race**

**My Individual Goals for the Season Are:**

*Perfecting the Process Daily to Achieve our Goals*

Training

Consistency

Work Ethic

Friendship

Team Cohesion

Attitude