



2016 Mountain Vista XC Goals

TEAM Goals:

Sweep all 6 races at the Continental League Championship
Sweep the State Championships
Qualify Both Teams for NXN in Portland
Win Both Open Races at NXR-Southwest

My Individual Goals for the Season Are:

1.

2.

3.

Perfecting the Process Daily to Achieve our Goals

Training Consistency Work Ethic Taking Care of the Little Things
Friendship Team Cohesion Attitude Pack Mentality

HAVE FUN