**3 specific and measurable TEAM Goals I would like to see accomplished this year?** (What is possible for our **entire TEAM** this year? Not just the varsity, but every member of the TEAM. What could we accomplish by the end of the season?

**3 Individual Goals that I have for myself this year are?** Be very specific, these should be measureable performance goals (i.e. a specific time goal, individual finish at leagues/state, qualifying for post-season, make JV/Varsity)

Imagine we are at a Vista Nation XC reunion 25 years from now. How do you want the 2019 TEAM remembered? What things do you want to be telling stories about that were accomplished 25 years earlier? How do you want your contribution to the TEAM to be remembered?

What does the **season long process** look like by both you as an individual, and the TEAM as a whole, in-order to accomplish these goals? How might the process look different from years past? How might it look similar?

* You might want to think about thing like training, consistency, Effort/Work Ethic, Being a good teammate, Attitude, Taking Care of the Little Things (Sleep/Hydration/Nutrition), Team Cohesion, etc.