

GOAL SETTING

Goal setting is an important component of the process of developing the entire person (athletically, academically, spiritually and socially) in the RV Cougars Football Program. Goals are essential towards being successful in life. They allow an individual to have a roadmap that will direct them towards success. Goals are different than wishes or dreams in that the individual will identify what it is that they want and how they are going to get there. They serve as motivation on a daily basis. In setting goals the S.M.A.R.T. principle will be used:

S – Specific. Goals must be specific and identifiable.

M – Measureable. The goal must be able to be measured and quantified in some way.

A – Attainable. The goal must be something that is able to be reached. It must be challenging yet something that can be reached with work.

R – Realistic.

T – Time based. The goal must be able to be reached within a specified period of time.

Anything worth doing is worth doing well. Coaches will help the athletes reach their goals. They will hold them accountable and push them hard so they could enjoy the intrinsic rewards that go with reaching one's goals. The Cougars Football staff will meet with athletes at various points of the year to identify, set, discuss and evaluate the individual's and team's goals. Following each season athletes will have exit interviews with their position coach. During these meetings a recap of the season will be discussed. The coach will provide the athlete with information on strengths and weaknesses. This information will serve as the basis for the athlete's personal goals.

In January the team will have several meetings so that team and individual goals can be identified and set. These are recorded on a goal setting sheet which will be turned into the Head Coach. Once reviewed, the athlete will be provided with a copy to see each day. Once the team identifies Team Goals for the season a poster will be created and copies will be placed in the locker room and weight room for players to see throughout the week.

BEAUMONT COUGARS TEAM & PERSONAL GOAL SETTING WORKSHEET

WHY GOAL SETTING?

- You Control Your Destiny (it serves as a road map)
- Allows you to concentrate & helps motivate
- Allows you to identify your current strengths & weaknesses

KEEP IN MIND S.M.A.R.T. PRINCIPLES:

In order to have a chance to be successful in reaching your goals they must be:

S – Specific **M** – Measureable **A** – Achievable **R** – Results Focused **T** – Time Bound

Part 1 TEAM GOALS

OUTCOME GOALS	PERFORMANCE GOALS	PROCESS GOALS
1. BEAT CITRUS HILL		
2. WIN 1 ST LEAGUE GAME		
3. WIN LEAGUE		
4. PLAY ON Thanksgiving		
5. WIN CIF/WIN STATE		

Part 2 INDIVIDUAL GOALS

ATHLETIC GOALS

OUTCOME GOALS	PERFORMANCE GOALS	PROCESS GOALS
1.		
2.		
3.		

STRENGTH TRAINING GOALS BY AUG 2015

	GOAL	PROCESS GOALS
BENCH		
POWER CLEAN		
SQUAT		
40		
PRO AGILITY		
VERTICAL		
BODYWEIGHT		

ACADEMIC GOALS

	GOAL	PROCESS GOALS
2 ND Semester 2014		
1 ST Semester 2014/15		
S.A.T		
CAREER		

Player's Signature _____

Date _____

Following spring football coaches will have informal meetings with players in their position groups to review individual goals and identify any goals that need to be readjusted.

During the football season players will have 3 weekly commitments per week. These commitments are goals that are written down on a card and placed up on their locker to be seen each day. The commitments are generally skills that need to be improved during the week in order for the team to be successful that Friday.

BEAUMONT COUGARS FOOTBALL GOAL SETTING CARD		
Team Goals	Personal Goals	Strength Goals
1. Beat Citrus Hill	1. _____	Bodyweight _____
2. Win 1 st League Game	2. _____	Bench Press _____
3. League Champs	3. _____	Power Clean _____
4. Play on Thanksgiving	Academic Goal	Squat _____
5. CIF CHAMPS	_____	Vertical _____
6. STATE CHAMPS	Career Goal	40 _____
	_____	Pro Agility _____
	_____	300 Shuttle _____

Accountability In Programs

Bad Programs

No Accountability

Good Programs

Coaches will hold Players Accountable

Great Programs

Players will hold each other Accountable

**This Generation of youth needs
Quality Men more than ever.**

**It's up to us as Coaches to Inspire,
Educate & Lead our athletes &
parents**



COUGARS FOOTBALL OUTLINE TO SUCCESS

OUR MISSION

Excellence in the **CLASSROOM** on the **FIELD** & in the **COMMUNITY**

We, the 2018 Beaumont Cougars Football Team are a unit of **ONE**. The Cougars will not fear adversity. We will lay it on the line & leave it on the field. We will play fast, with a relentless spirit & flawless execution for the entire season. We are committed to each other **ON & OFF** the field. **In everything we do the TEAM will come first.**

DO RIGHT RULE & PROTECT THE PROGRAM

Focus & Do those things that will get you closer to your goals in life. We expect our players to know between right & wrong and do those things that are going to make their Parents, Coaches, Teammates & School Proud. Protect the Program entails ensuring you are not doing things to present a negative image of our program or players.

WHAT YOU CAN EXPECT FROM YOUR COACHES

The Cougars Football Coaching Staff will push you to work harder and smarter than ever before both in the classroom and on the field. We will hold each player accountable & treat each player with respect & fairly.

PLAYERS COMMITMENT TO OUR FOOTBALL PROGRAM

- 1. I will strive to be the best team player/student athlete I can be** (being positive, enthusiastic, giving my best effort at all times). Being a team player also means not participating in cliques or segmented groups that deter from the team concept. **I will give 100% in everything I do.**
- 2. I will attend all practices/meetings & be on time.** Any conflicts that may occur in regards to practice/meetings will be my responsibility to personally notify my position coach and/or the head coach prior to the date. **Unexcused absences will not be tolerated & result in removal from the program.**
- 3. I will display respect** for my teammates, the football program, my coaches, my school and my community in my actions and comments.
- 4. I will come prepared to class/study hall/meetings/lifting sessions/practices** by being dressed properly and having the proper equipment/supplies.
- 5. I will be in the best physical condition** when fall practices begin. It is important for me to be physically prepared so I can enhance my opportunity of remaining injury free and help my team meet it's goals.
- 6. I will play a positive role in being a Beaumont Cougar Athlete** in the way I conduct myself around the community & on campus. **I will be active in communicating with my coaches and teachers.** I will do everything I can to protect our program.
- 7. I will abide by the codes of conduct & athletic code** set out by Beaumont High School and the CIF.
- 8. I will return all my football gear** at the conclusion of the season in a timely manner so it may be inventoried & necessary repairs be made. I understand I will be financially responsible for any alterations, lost or stolen football gear.
- 9. I am aware of the Varsity Lettering Policy**