



# USAV Junior Olympic Volleyball Player Goal Setting Agreement

My main goal is to become the best player I can be. Only I am responsible for my own actions. I am fully committed to this team and therefore **I will:**

- Conduct myself in a manner to bring credit, prestige and honor to this team;
  - Budget my time to meet all my responsibilities in work, learning and other personal area;
  - Attend every practice, match and team function, being on time or early;
  - Pursue mental and physical conditioning outside of practice;
  - Communicate, both on and off the court, for mutual understanding;
  - Support the full effort and the good skills my teammates exhibit;
  - Concentrate and be focused, not creating distractions nor worrying about worrying;
  - Perform with full effort and intensity, to the best of my ability, in all training and competition.
  - Discipline my body for health, including adequate sleep, a healthy diet, and avoiding alcohol and smoking;
  - Recognize the unique challenges of volleyball to learn from my mistakes only, never making excuses; Accept all coaching comments and assignments as ways in which our team and I might improve;
  - Ignore the errors of my teammates, as I believe no one is making a mistake on purpose;
- Furthermore, I have the following GOALS:

**This year's volleyball goals:** \_\_\_\_\_

**Lifetime goals in volleyball:** \_\_\_\_\_

Specific Technical Objectives:	To attain them I will do the following by _____ (date)
_____	_____
_____	_____
_____	_____
_____	_____

Specific Personal/Attitude Objectives:	To attain them I will do the following by _____ (date)
_____	_____
_____	_____
_____	_____
_____	_____

Specific Physical Objectives:	To attain them I will do the following by _____ (date)
_____	_____
_____	_____
_____	_____
_____	_____

**What are three ways, other than playing, you will help the team be successful this year?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**How can I, as your coach, help you personally reach the objectives contracted for?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Player's Signature \_\_\_\_\_ Date \_\_\_\_\_ Witness Signature \_\_\_\_\_