



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 _____