

Name:

Grade:

Weight:

Did you reach your goals for this year?

What are your goals for next year? List them

What is your goal for the team next year? List them

What do you want to accomplish in your CV wrestling career?

What is your all-time career wrestling goal?

What are your strengths?

What are your weaknesses?

How confident are you in your abilities?

What are you going to do over the spring, summer and fall to help reach your goals or to improve on them?

Work on my weakness and improve anything I did wrong this season