

# Goals/Expectations - 2026



Name \_\_\_\_\_

Take some time to think about what it is you would like to get out of being on the tennis team this year. We strongly believe in setting goals and thinking about what are your expectations? This covers fitness, strokes, strategies, psychology and performance and personal growth. Goals/Expectations help YOU to focus on short term and long term tasks or accomplishments. Don't list goals/expectations you think the coaches might want to hear and these goals/expectations should be easily measurable. Goal/Expectations sheets are due by the end of the first week of practices. (3/21)

List 5 Individual Goals/Expectations you would like to accomplish this season.

- 1)
- 2)
- 3)
- 4
- 5)

List 3 Team Goals/Expectations you would like to accomplish as a team this season.

- 1)
- 2)
- 3)