



# TIGER TRACKS

Special Issue– Week Two of the Season

August 24th, 2015

## Setting Goals

Goals give us a purpose in any thing we do. They let us know when we have made an achievement and allow us to celebrate that achievement. Throughout the season the girls cross country team will focus on making and obtaining goals, both on and off the course. Some ways the team set goals are filling out a goal sheet which allows the runners to set and reflect on short and long term goals. The girls then hang their goals somewhere they visit everyday in order to maintain focus. New this year the girls wrote a goal on a small tile. When the girls meet their goal they then smash the tile and receive a new tile to write their next goal. This allows the team to celebrate when goals are reached.

## The Long Run

Congratulations to many of the girls for successfully completing their first long run of the season. For some this was the longest run they have finished and his a huge accomplishment. Week two of practice was a though one, but the girls were able to come out of the week stronger and ready for their first meet of the season.

"A winner is someone who sets their goals, commits themselves to those goals and then pursues their goals with all the ability that is given to them. That requires someone who beleives in themselves, who will make self sacrifices, work hard, and maintain the determination to perform at the best of their ability."

*-C. Leeman Bennett*



The girls stretching after a long run

## Week Two!

- Parent Meeting
- Making Goals
- Picture Day
- Long run
- Senior Breakfast
- First full week



Thank you Coach Almon & Coach Newman for spending your Saturday making our home course meet ready!