

GOALS & TEAM/ATHLETE MOTIVATION



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CHSCA 2021

Athlete Goal Folders



AGENDA



Share Ideas



Motivation & Accountability

Name:

Date:



2021-2022 VARSITY POMS

I am most excited for...

I am nervous about...

I am proud of...

Being a good teammate means...

My strengths in a team include...

my weaknesses in a team include...

REFLECTION



Athlete Completion



Share w/Partner



Team Discussion



SPECIFIC

Plan effectively with specific targets in mind.



MEASUREABLE

Track your progress and reevaluate along the way.



ATTAINABLE

Set realistic goals that are challenging but achievable.



RELEVANT

Ensure the goal serves a relevant purpose.



TIME

Specify a deadline, monitor progress and reevaluate.




ATHLETE GOALS

01 Academic

02 Teammate

03 Skill (1-3)

Academic 

The Goal:


The Strategy:

Steps to Take:

- _____
- _____
- _____
- _____
- _____
- _____

Other Notes

REALLYGREATSITE.COM

Teammate 

The Goal:


The Strategy:

Steps to Take:

- _____
- _____
- _____
- _____
- _____
- _____

Other Notes

REALLYGREATSITE.COM

Skill #1 

The Goal:

The Strategy:

Steps to Take:

- _____
- _____
- _____
- _____
- _____
- _____

Other Notes

REALLYGREATSITE.COM

PROGRESS REPORTS



CT POMS PRE-SEASON REPORT

ATHLETE TEAM DATE

STRENGTHS

AREAS FOR IMPROVEMENT

GOALS

COMPETITION DANCE CASTING

CT POMS MID-SEASON REPORT

ATHLETE TEAM DATE

STRENGTHS

AREAS FOR IMPROVEMENT

GOALS PROGRESS

DEMERITS

CT POMS POST-SEASON REPORT

ATHLETE TEAM DATE

ATHLETE: SEASON REFLECTION

COACHES: SEASON RECAP

TRYOUT GOALS

NEXT SEASON PREDICTION

Posters

Challenges

MOTIVATION

ACCOUNTABILITY

Competition Prep

Cleaning



POSTERS

01

02

03

04

05

Athlete Posters

Get to know me
information/pics

Team

Motto
Goals
Teammate

Partners

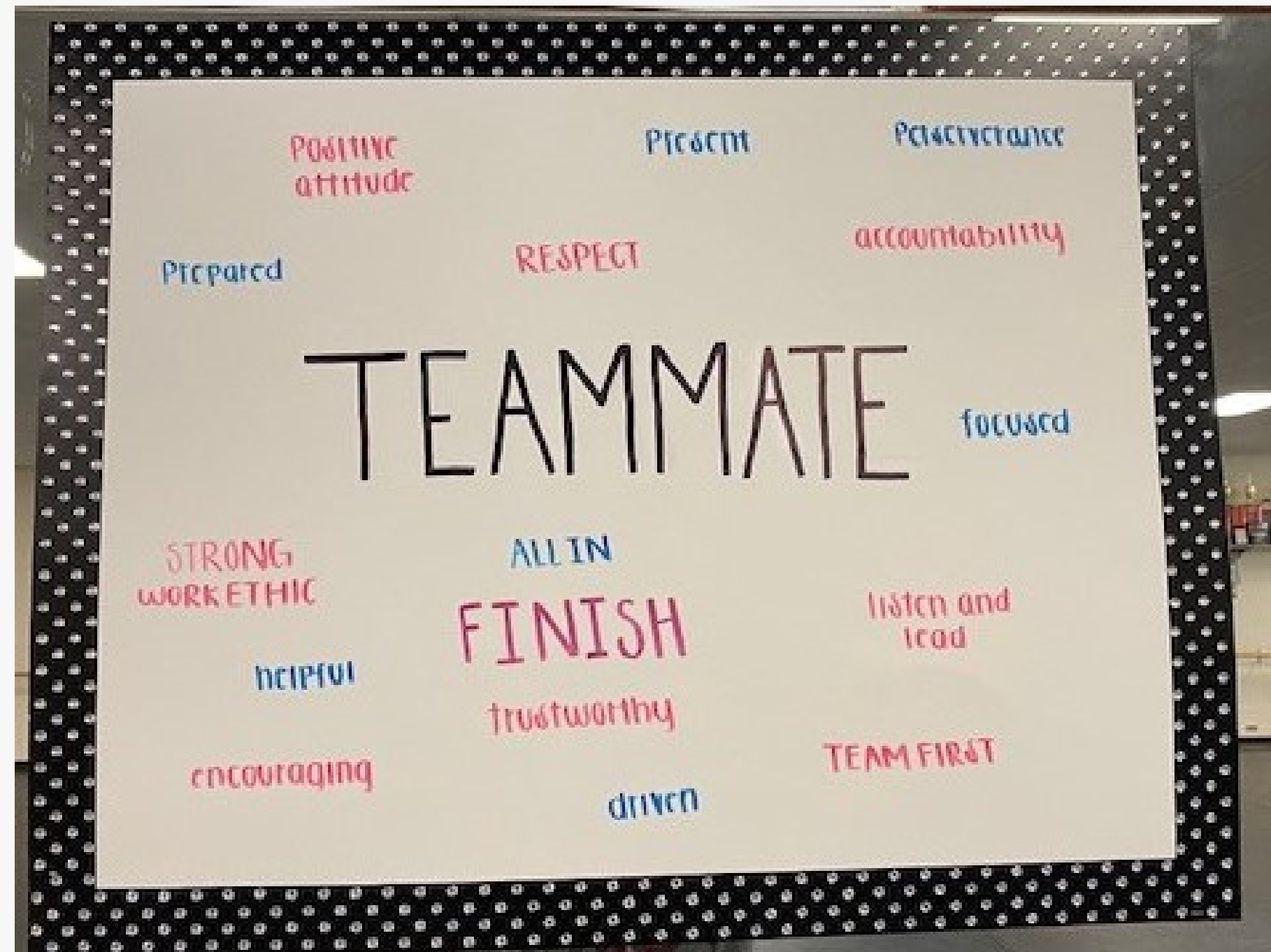
Athlete Pictures
Change each week

Alter Ego

Performance alter
ego

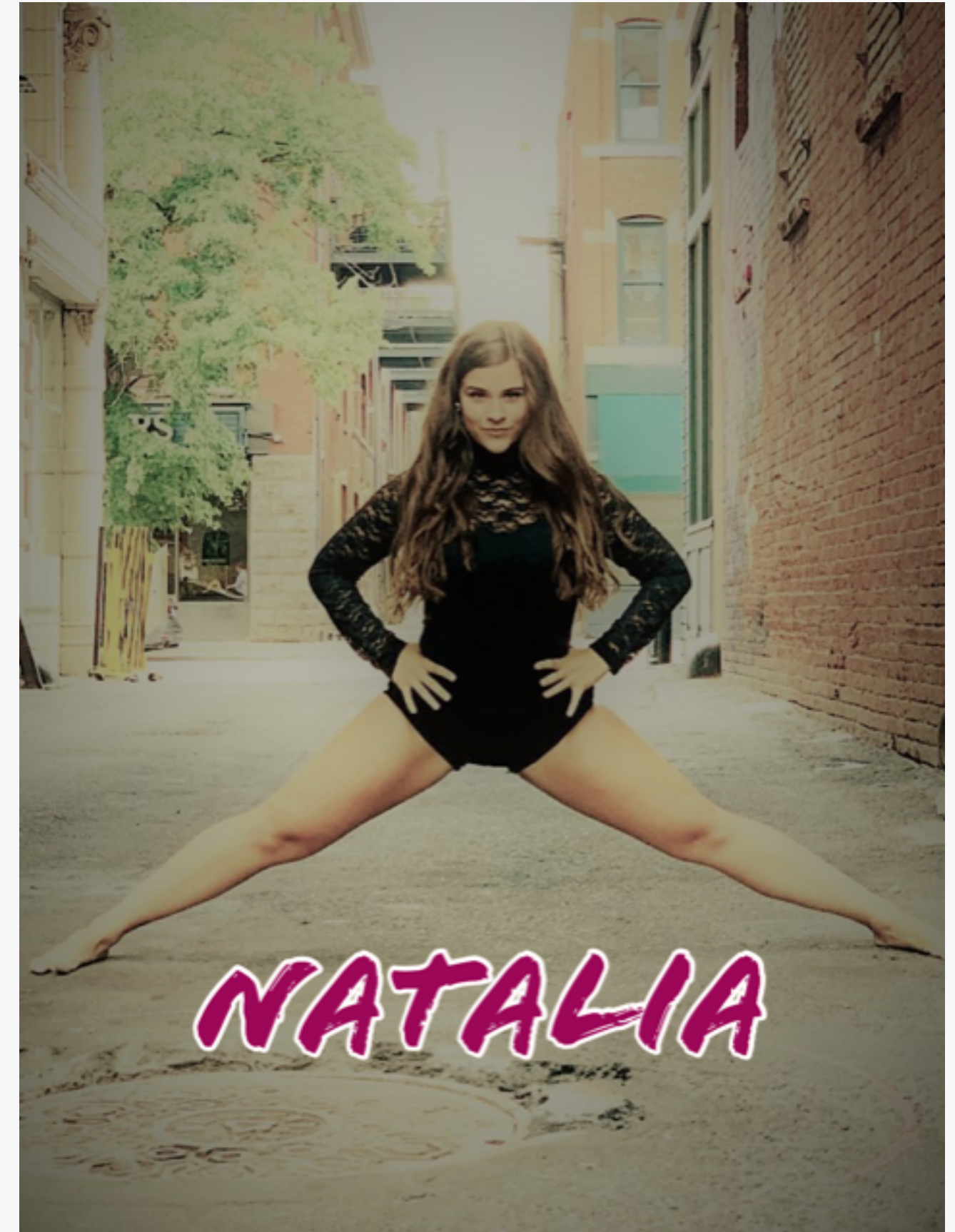
Countdowns

Competition
countdowns
Quotes









SUMMMER CHALLENGES

Red Rocks



Manitou Incline

Personal Best



PERSONAL BEST 		
LAP		
PUSH UPS		
WEIGHTED JACKS		
V UPS		
TRICEP DIPS		
SQUAT JUMPS		

COMPETITIONS

Crew Competition

Each bingo is worth 5 points, first team with all bingos get 10 extra points


Max of two bingo boxes per day

Everyone who blacks out board gets a prize

Google folder with folder for each crew

Spreadsheet where leaders keep track of points

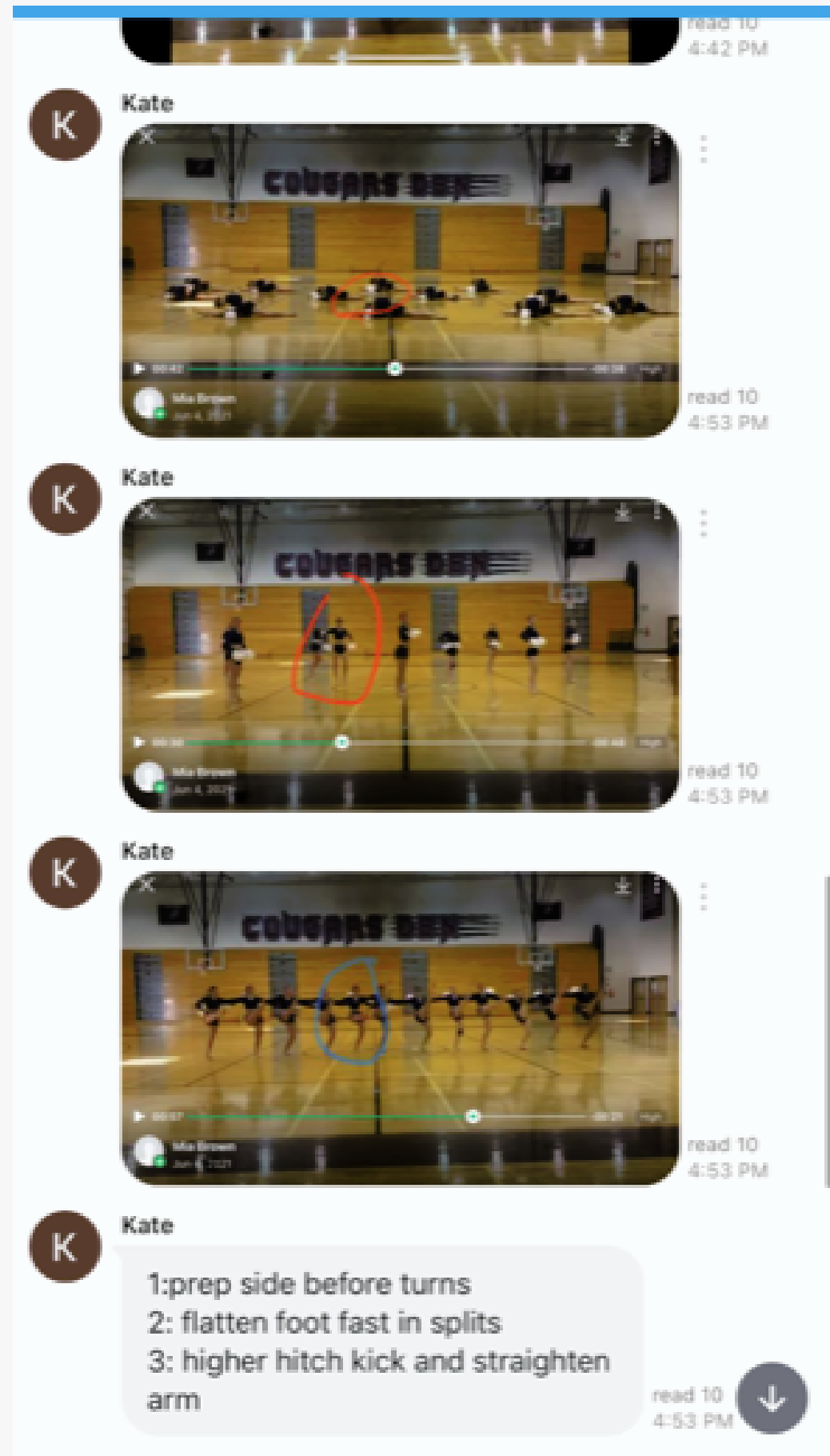
B I N G O

Find and share a turn section from a college team that is super creative	Run or do a cardio workout for 30 minutes with a mask on (send picture after)	Learn a new Jump/Leap skill (send you video)	Run fight song and sideline full out 3x with mask and singing the song (send video of 1)	Run each Jazz turn section 3x (send one video of each)
Learn a new turn combo/skill (send video)	Share a High School team that you admire and why	Run or do a cardio workout for 30 minutes with a mask on (send picture after)	Run arm full out of the fight song and sideline 3x with mask and wrist weights (send video of 1)	Run or do a cardio workout for 30 minutes with a mask on (send picture after)
Do a full out of each sideline from football (send video)	Run or do a cardio workout for 30 minutes with a mask on (send picture after)		Run or do a cardio workout for 30 minutes with a mask on (send picture after)	Do a full out of each game routine (combine pom, camp pom, burnitup, comp. hh) (send videos)
Run Fight song and sideline heads full out 3x Run again 3x with just footwork (send video of 1)	Find a performance from another team and share	Run or do a cardio workout for 30 minutes with a mask on (send picture after) p	Run each Jazz turn section 3x (send one video of each)	Run or do a cardio workout for 30 minutes with a mask on (send picture after)
Run or do a cardio workout for 30 minutes with a mask on (send picture after)	Learn a new trick/tumbling skill (send video)	Run Jazz full out 2x (send video of 1)	Run or do a cardio workout for 30 minutes with a mask on (send picture after)	Game day full out with mask and send in a video the second time (fs, sideline, hh)

COMPETITION

PREPARATION





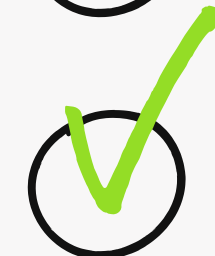
SCREENSHOTS



Watch performance video



Screenshot areas of improvement



Send in group chat



Drill for practice

THANK YOU FOR FEEL FREE TO REACH OUT YOUR TIME!

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