

SUMMER SUCCESS PLAN

Name _____ Position _____

Street Address _____ Zip _____

Cell Phone _____ email _____

I will be at Summer Workouts everyday with the exception of the days listed below: *list dates and reason*

Workout Times- Date (Time)

Captains Skill Work – Date (Time)

Passing League (JV & Varsity)- Date (Time)

State Qualifier (Varsity)- Date (Time)

The biggest things that I need to improve on after this spring are: _____

The steps I will take over the summer to improve these areas of weakness are: _____

SUMMER GOALS & EXPECTATIONS

	Current	Post Summer		Current	Post Summer
Weight			40		
Bench			Shuttle		
Squat			L Drill		
Clean			Vertical		

2011 SEASON GOALS

PLEASE LIST 3 TO 5 GOALS FOR EACH OF THE CATEGORIES. PUT SOME THOUGHT INTO IT AND BE SPECIFIC.

Team Goals

1. _____
2. _____
3. _____
4. _____
5. _____

Offensive Goals

1. _____
2. _____
3. _____
4. _____
5. _____

Personal Goals

1. _____
2. _____
3. _____
4. _____
5. _____

Signature: _____

Date: _____