

"Excuse me, Sir" Alice inquires. "Could you tell me which road to take?" Wisely, the caterpillar ask, "Where are you going?" Somewhat dismayed, Alice reponds, "Oh, I don't know where I am going, Sir." "Well," replied the caterpillar, if you don't know where you are going, it really doesn't matter which road you take."

(Alice in Wonderland - Lewis Carrol)

"That's tough-- to set yourself a black and white target --because as soon as you do failure is defined, and therefore risk is great. If you just give yourself this nice blurry thing --"I'm going to do my best" - failure is far less defined."

Herb Elliott, 1500 metre 1960 Olympic Champion

<u>Name:</u>	<u>SMART Goal</u>	<u>Test Procedure:</u>	<u>Test Target:</u>	<u>Test Date:</u>	With the support of my coach, parents and team-mates I will commit to work hard to achieve my goals.	<u>Goal Achieved?</u> <u>Reward or Consequence</u>
					Signed: (Players)	<b>YES</b>
					Signed: (Coach)	
					Signed: (Fellow Team Mate)	<b>NO</b>
					Signed: (Players)	<b>YES</b>
					Signed: (Coach)	
					Signed: (Fellow Team Mate)	<b>NO</b>
					Signed: (Players)	<b>YES</b>
					Signed: (Coach)	
					Signed: (Fellow Team Mate)	<b>NO</b>
					Signed: (Players)	<b>YES</b>
					Signed: (Coach)	
					Signed: (Fellow Team Mate)	<b>NO</b>