

PLATT-FORM

Performance AND Athletics

WINNER'S WAY

Goal setting and achievement is our primary way of measuring the progress of our program. We firmly believe in the saying that "*If you can't measure it, you can't improve it.*" At Platt-Form we're all about mentoring for personal development (i.e. *improvement*). That is why our goal setting protocol, which we refer to as *Winner's Way*, is so vital to each student-athlete's success and the success of our program. Through *Winner's Way* our focus is to align the ***student-athlete's goals*** with ***our system*** to create ***win-win outcomes***

There are 3 components that make up the *Winner's Way* system. First, students will complete the following sentences: *I Will...* (**actions**), *I Won't...* (**sacrifices**), [because] *I Want...* (**desired outcome/goal**). Next we combine those previous sentences with the S.M.A.R.T. goal setting protocol (*see below*). And lastly, we assign "Accountability Partners" for each student-athlete. Here partners will hold each other accountable for staying on track and reaching their goals together.

Specific. Measurable. Attainable. Relevant. Timely.

We will provide four completed/example worksheets for student-athletes to follow. This will include one from each principle (*Foundational, Social, Mental, Physical*), because these are the areas in which they will be setting goals. In addition, each student will receive four blank worksheets.