

## 2026 LRHS Track & Field - Girls Mid/Distance

NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_

GRAD YEAR: \_\_\_\_\_

WOMEN'S FITTED TECH SHIRT SIZE: \_\_\_\_\_

RUNNING SHOE SIZE: \_\_\_\_\_

ATHLETE CELL PHONE: \_\_\_\_\_

ATHLETE EMAIL ADDRESS: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_

PARENT/GUARDIAN CELL PHONE: \_\_\_\_\_

Please write your emergency contact name & phone number below IF different than parent/guardian above:

**SPORTSYOU:** Are you and at least one parent in our LRHS T&F team on the SportsYou app?

Circle: YES or NO

Please use this QR code and access code to join right away. **All team communication will take place in the SportsYou app. ACCESS CODE: WYWRCC2Z**



**\$100 TEAM FEE:** Have you paid it? **If not, please bring cash or check payable to: Mustang Milers to Coach Rae Ann by no later than February 5, 2026.** Checks must have parent phone number on top and full student name on memo line. You may also ask for donations/sponsorships from family, friends, businesses to cover your \$100 team fee. If you bring in more than the \$100 then you will also satisfy your other fundraising requirements, especially if you do not wish to participate in Snap Raise/email campaign and other fundraisers.

**ELIGIBILITY:** Have you completed the online ATHLETIC CLEARANCE and selected Track & Field as one of your sports? Have you paid the ATHLETIC INSURANCE (once per school year)? Is your GPA above a 2.0? Go to **LRHSTRACK.com** for links.

**RESULTS / PRs (Personal Records) / PBs (Personal Bests):** Look up your past results on TFRS Florida (link on **LRHSTRACK.com**) and list them on the back of this sheet for all your event distances.

**GOALS:** We know how to set outcome goals like winning a race, going to State, running a specific time, setting a new PR, etc. We cannot only set outcome goals because outcomes are not totally within our control. Process goals keep your focus on things you can impact and control. **Please use the back of this sheet for goal setting.**

- 1. Start with an Outcome** - Choose an upcoming competition, for example, and pick a challenging but not impossible outcome goal (win, place, get a certain time or score, etc.). **Write 2-3 outcome goals in detail on the back as #1.**
- 2. Moving from Outcome to Process** - How do you maximize your chances of achieving those goals? **On the back of this sheet as #2,** write 3 behaviors you can do at a competition to increase the odds of achieving the outcomes you wrote in step one. Examples: I will be relaxed at the starting line, I will hold my pace and race my own race, even if the pack goes out too fast, I will maintain good form in the second half of the race when I get tired, I will run my 3rd lap of the 1600 strong so I don't slow down. This takes you from outcome to process goal setting.
- 3. Practicing the Process in Training** - What can you do in training between now and your competition to maximize your chances of achieving your competition goals? **On the back of this sheet as #3,** write 2-3 strategies to focus on in training that will set you up to behave and perform the way you want in competition. For example, if your competition process goal is to take a risk and confidently try a new move like going out controlled in the first third or half of the race and then finish with your last lap or half of the race as your fastest in the race, you might focus on simulating this in practice, when you only have one chance to try the move with no second chances.