

## 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 to Coach Rae Ann by no later than February 5, 2026. 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.

**PLEASE WRITE THE FOLLOWING (EVERYTHING BELOW) ON THE BACK OF THIS SHEET.**

**RESULTS / PRs (Personal Records) / PBs (Personal Bests):** Look up your past results on TFRRS Florida (link on **LRHSTRACK.com**) or other results sites and list them on the back of this sheet for all your track events.

**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 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, I will run negative splits, etc. 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 run negative splits, you need to focus on simulating this in practice every single day on every type of workout. What you do in practice is what you will do on race day.

**WHY? What's your "why?"** What's your reason for joining track? In order to enjoy the season and be successful, we need to know what success looks like. If you run for fun and enjoy what you do, the personal bests will happen.

## GOAL SETTING AND FIGURING OUT YOUR “WHY”

EVENT	PR or PB	YEAR SET	NOTABLE RESULTS (won something, went to State, etc.)
3200:			
1600:			
800:			
400:			
4x800:			
4x400:			

### **1) OUTCOME GOALS:**

A.

B.

### **2) BEHAVIORS TO HELP ME ACHIEVE THE OUTCOME GOALS LISTED ABOVE:**

A.

B.

C.

### **3) STRATEGIES IN EVERY DAY TRAINING/PRACTICE THAT WILL HELP ME BEHAVE AND PERFORM THE WAY I WANT TO IN COMPETITION:**

A.

B.

C.

## WHAT'S YOUR “WHY?”