



KEY VERSE: Luke 2:52 – *“And Jesus grew in wisdom and stature, and in favor with God and in favor with man.”*

Every player and coach will grow over the next several months – some faster than others. The question is in what way will we all grow? The Bible teaches us that Jesus grew in the same way that we will: intellectually, physically, spiritually, socially, and emotionally. We will have an opportunity to set goals on how we will be able to track our own growth while the coaches will be able to track the growth of the whole team.

Over the next week, you will set goals for your growth. These will be important to give you a clear focus on achievement and give coaches a guide to use to help you get to your goal. Fill out the goal sheet and turn it in at your first practice next week.

GOAL SHEET – What will I work toward during the Elevate Volleyball Season?

My biggest personal goal is to \_\_\_\_\_.

My GROW GOALS are:

Intellectually: \_\_\_\_\_.

Physically: \_\_\_\_\_.

Spiritually: \_\_\_\_\_.

Emotionally: \_\_\_\_\_.

Socially: \_\_\_\_\_.

I want to help my team by \_\_\_\_\_.

Goals cannot be achieved without putting work into achieving them. Coach Vince Lombardi said, *“The price of success is hard work, dedication to the job at hand, and*

*determination that whether we win or lose, we have applied the best of ourselves the task at hand."*

How will you achieve your goals? Make a list of commitments that you will do without being asked in order to achieve your goals. Try to keep it to two commitments per goal.

**"THE PRICE OF SUCCESS"**

Personal Goal

1. \_\_\_\_\_

2. \_\_\_\_\_

Intellectual Goal

1. \_\_\_\_\_

2. \_\_\_\_\_

Physical Goal

1. \_\_\_\_\_

2. \_\_\_\_\_

Spiritual Goal

1. \_\_\_\_\_

2. \_\_\_\_\_

Emotional Goal

1. \_\_\_\_\_

2. \_\_\_\_\_

Social Goal

1. \_\_\_\_\_

2. \_\_\_\_\_