***Family Goal Setting in the Recruiting Process***

***Power Up Whole Athlete***

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Goal-setting is important because it gives you a vision of where you’re going and also provides markers along the way to help you navigate the process of getting to that end goal. By doing this activity, you will cast a vision for what you’re working towards and eliminate stress by mapping out what your process can look like. By doing this as a family, the process will run more smoothly because you’re talking about how you will get there as a family and what roles you want along the way!

**My overall, end goal is…** (Type of school, division, academics, location)

**My recruiting goal for this next month is…** (do you have a list? Video? Have you contacted coaches? Visited schools?)

* My role for this month’s goals is….
* My parent’s role for this month’s goals is…

**My goal for this season in terms of recruiting is…** (when you think of where you want to be in the recruiting process by mid-July, what does that picture look like?)

* My overall role for this season for the recruiting process is… (ex: I will be in charge of coach emails and phone calls)
* My parent’s overall season role will be… (ex: I’d like help getting to visit schools and would like if you could film while I play in tournaments)

**My goal for college visits is…**

**-**Schools to visit🡪

-When to visit🡪

-Tournaments when I can visit schools out of state🡪

-Roles: I will do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents will do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Our financial goals as a family are…**

**My off-court goals are…**

School/grades=

Socially=

Emotionally/mentally=

**As a family, we will revisit these goals…** (think frequency/location)

**What will I do if I start to feel overwhelmed in the process? What do I need from you if this happens?**

**One thing I want you to know as we continue in this process is…**