



Danbury Wrestling Goal Sheet



Name: _____ EMAIL _____

Address _____ Tel. _____

Wrestling Camps I've attended this past summer:

Camp: _____ # of weeks: _____

Camp: _____ # of weeks: _____

In the "off-season," I feel I have improved:
(list areas of improvement)

I lifted over the summer at: _____

I lifted this fall at: _____

I was out for the following
Sport this fall: _____

The weight class in which I would like to compete is: (circle one)

106 113 120 126 132 138 145 152 160 170

182 195 220 285

My actual present weight is _____

I have a current physical on file with the nurse _____ (check)

I have finished filling out permission slip and
Emergency medical authorization slip _____ (check)

My personal goals for this season are: _____

My contribution to the team will be: _____

My goals for our team this season are: _____
