

**SMITH COLLEGE TENNIS**

**Unity:**

*“In Essentials, Unity  
In Non-essentials, Liberty  
In All Things, Charity”*

-Meldinius Rupertus

List highlights of how you wish to be remembered:

How do you wish to be seen as a team?

Add your personal interpretation of the following:

***FINISH STRONG  
FINISH TOGETHER  
ENCOURAGE ONE ANOTHER  
...ALL WITH GRACE***

Please read the attached “philosophy/expectation” pages and be prepared to discuss at 3pm.

**Goal Setting** (Fill in the “Scouting Report” to help access your goals)

Goal Setting is the ability to identify tangible definable areas (strategies, strokes, fitness, psychology) you wish to improve and of which you have control. Keep the goals clear and reasonable, develop a timetable, and break the long-term goals into a small series of specific measurable short-term goals which are challenging but reachable. Set some form of accountability (chart progress, tell a friend), evaluate often and reset when necessary in order to experience feelings of accomplishment and motivation necessary to keep improving.

So, what is your long term tennis goal for the fall season? What are your first two short goals toward that final goal?

**Competition**

Read “Competition” chapter of Inner Tennis by Tim Gallway

What is your competitive style? List several “obstacles” which frustrate you.