

# Figure Skating

## GOAL SHEET

**NAME:** \_\_\_\_\_

### I WOULD LIKE TO WORK ON MY:

MIF

FREESTYLE

JUMPS

SPINS

FOOTWORK

DANCE

ARTISTRY

\_\_\_\_\_

**SHORT TERM GOALS:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**LONG TERM GOALS:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### I WOULD LIKE TO:

TEST

COMPETE

PERFORM IN SHOWS

\_\_\_\_\_

**TO ACHIVE THESE GOALS I NEED TO:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_