

TRAVERSE WALL® GOAL SETTING

Name _____

Long-term Goal: _____

Short-term Goals to help achieve long-term goal:

1. _____

2. _____

3. _____

Date Started: _____

As you work toward your goals, add notes about how it's going:

Date Completed: _____

SAMPLE GOALS

BUILD PHYSICAL SKILLS

Long-Term Goal: Improve my Techniques/Skills as a Climber

Short-term goals to achieve this:

- Traverse the length of the Traverse Wall® without stepping down, using any holds.
- Traverse the length of the climbing wall using only one color hold for my hands.
- Traverse the length of the climbing wall using only one color hold for my feet.
- Traverse the length of the wall using one color hold for my hands and feet (route climbing).
- Reach for hand holds that are almost out of my reach with my hands and/or feet.
- Balance on one foot while reaching for hand holds with my hands.
- Balance with one hand while reaching for hand holds with my feet.
- Change climbing directions more frequently (up, down, backwards, forwards).
- Learn and try new climbing moves.

BUILD COGNITIVE SKILLS

Long-Term Goal: Set Realistic Goals for Myself

Short-term goals to achieve this:

- Identify what I do well as a climber and write them down (strengths).
- Practice identified strengths and push myself to become even better at them.
- Identify where I am struggling and write them down (areas for growth).
- Choose one growth opportunity to work on.
- Ask for help identifying strengths, growth areas and new goals from teachers, coaches or peers.
- Reflect on how I am doing at achieving my goals. Consider journaling.

SOCIAL-EMOTIONAL SKILLS

Long-Term Goal: Demonstrate Cooperation and Respect

Short-term goals to achieve this:

- Offer constructive and positive ideas to other climbers during climbing sessions or group activities.
- Try other peoples' ideas and suggestions.
- Work as a team with others (take turns, listen to other people's ideas, cooperate).
- Try one of our team-building activities: Hoop Haven, One Hand Catch-N-Climb or Climbing in the Night.
- Be patient with myself and others.
- Show respect for others (be kind, be an active listener, be helpful, be positive).
- Treat climbing wall/equipment with respect (use as intended and instructed).
- Follow climbing wall rules and proper climbing etiquette.