



GOAL SETTING FORM

Name			
Age			
What things do you like most about your swim team?		1)	
		2)	
		3)	
		4)	
What is your lifetime swimming Goal or Dream? Examples: earn a swim scholarship; win the Olympics			
What achievement would you like to attain by the end of the swim season? Examples: Qualify for Sectionals, JOs Move into another group, Junior Nats			
End of Season Goals (Goal Times)	Event	Current Time	Goal Time
	400/800/1500 FR	/	/
	200/400 IM	/	/
	100/200 FR	/	/
	100/200 BK	/	/
	100/200 BR	/	/
	100/200 FL	/	/
What actions will you take to achieve these goals?		1)	
		2)	
		3)	
		4)	
Goal Commitment			
I _____, am committed to achieving the goals I have set.			
Athlete Signature _____		Date _____	
Coaching Staff Initials _____/_____/_____/_____		Date _____	

