

GOAL SHEET

Name -	Age -																		
What are somethings you love about your swim team?	1) 2) 3) 4)																		
What is your long term swim goal? <i>i.e college scholarship, Olympics... etc.</i>																			
What would you like to accomplish by the end of the season? <i>i.e qualify for Sectionals, Jo's, Futures, Jr. Nats, make goal times.... etc.</i>																			
Goal Times (Events you will concentrate on for this season)	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr style="background-color: yellow;"> <th style="width: 33%;">Events</th> <th style="width: 33%;">Current Times</th> <th style="width: 33%;">Goal Times</th> </tr> </thead> <tbody> <tr> <td>25-50-100-200-400-1500 Free</td> <td>/ / / /</td> <td>/ / / /</td> </tr> <tr> <td>25-50-100-200 Fly</td> <td>/</td> <td>/</td> </tr> <tr> <td>25-50-100-200 Back</td> <td>/</td> <td>/</td> </tr> <tr> <td>25-50-100-200 Breast</td> <td>/</td> <td>/</td> </tr> <tr> <td>100-200-400 IM</td> <td>/ /</td> <td>/ /</td> </tr> </tbody> </table>	Events	Current Times	Goal Times	25-50-100-200-400-1500 Free	/ / / /	/ / / /	25-50-100-200 Fly	/	/	25-50-100-200 Back	/	/	25-50-100-200 Breast	/	/	100-200-400 IM	/ /	/ /
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What will you do to achieve these goals? <i>i.e – make more practices, train harder, be positive, believe in myself.... etc.</i>	1) 2) 3) 4)																		
Goal Commitment I am committed to achieving the goals I have set for this season. Athlete Signature _____ Date _____																			

