



Goal Sheet

Name: _____

Date: _____

It is important for every swimmer to have goals. Over the course of the season, we are all working to improve. The goal can be as complex as trying to drop a time in a certain stroke, or as simple as just wanting to feel better physically. There is an aspect to swimming that seems to separate it from other sports. It's not just the fact that you spend the majority of your time in the water, but it's both a team and an individual sport at the same time. The team has its own goals, whether winning a meet or creating an environment where swimmers can learn to swim better. And the individual swimmers have goals which support the team.

The questions below have been put together to capture your goals so that the coaches can help you achieve them. Please think about what you are really trying to gain this swim season. Goals should be set high but also attainable. Ask one of the coaches if you need help setting your goals.

1) What made you choose to swim on a swim team?

2) What is your favorite stroke? Why?

3) What is your least favorite stroke? Why?

4) Which stroke(s) would you most like to improve on this season?

Please list your times from this year's Time Trials, and then set goals for mid-season and end of season. Keep a copy of this sheet for your record.

	Time Trials	Mid-Season Goal	End of Season Goal
Free			
Back			
Breast			
Fly			
I.M.			