

CBST Goals Sheet

Season (indicate long-course or short course and year): _____

Without goals an athlete has no direction or even a simple motivation to attend every training session and give 100% effort.

My long-term goals in swimming:

My short-term goals for the coming season:

This is how I plan on attaining these goals:

This is how I plan on helping my teammates attain their goals:

Event	Time

Name: _____

Signature: _____

*Make 2 copies, one for me, the other for you to keep. I want you to hang it in a prominent place in your house (your bedroom wall next to your bed, the refrigerator, on your door...), some where you will see it every day!