

Goal Sheet

Season: ☐ Short Course ☐ Long Course Year: _____

Goals give you direction and motivation.

My long-term goals in swimming:

My short-term goals for the coming season:

Something I want to find out this season:

Not a time — something to explore. How well can I hold my stroke rate over a 200? How good of a teammate can I be?

MY EVENTS *(write the course — SCY / LCM — next to each event, and tick your 2–3 target events)*

EVENT	CURRENT TIME	GOAL TIME	TARGET
			☐
			☐
			☐
			☐
			☐
			☐
			☐

My number one race this season (from the ones I ticked):

Event: _____ Goal time: _____ Meet: _____

It's the end of the season and I swam it. What did I do in training to get there?

Every week this season, I will:

1. _____
2. _____
3. _____

When it gets hard, or a race doesn't go how I wanted, I will:

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

Name: _____

Signature: _____

**Make 2 copies, one for me, the other for you to keep. Hang it somewhere you will see it every day.*