

Swimmer Goalsheet

As noted in the handbook and mentioned earlier this season, swimmers will be required to compile a list of realistic goals and meet with a coach to discuss them. These goals will give the swimmer something to work towards so that practice and meet performance has some personal incentive.

Goals recommended: Recommendation is followed by a good goal choice.

2. short-term goals that can be attained in the next couple of weeks. *ie.*

learning to dive without losing my goggles – remembering my goggles and fins every day for a week.

1. long-term goal that can be attained by the season's end. *ie. achieving a qualifying time for states*

1. extra-long-term goal that can be achieved in a few years, taking into consideration that you must be willing to be put in the work necessary to achieve this goal. *ie. to someday make Y Nationals*

Guidelines: Guideline is followed by an example of a poor goal choice.

I. All goals except Extra-Long-Term must be possible within the span of this season. *ie. swimming in the Olympics*

II. Do not set unreasonable short-term goals. You should be able to attain these in a few weeks. *ie. cutting your fifty free time by ten seconds*

III. Do not set goals that depend upon anyone but yourself. *ie. taking first place in every meet*

IV. Do not set impossible goals. *ie. swimming a hundred without breathing*

Procedure:

I. Read this flyer and compile a long list of goals.

II. Pick the best ones and put them on the sheet.

III. create a plan of how to attain goal and inscribe it on sheet.

IV. Make appointment with a coach.

V. Bring sheet and unsealed envelope with you when you meet with coach.

VI. Place sheet in envelope still unsealed in Goal file in aquatic office.

VII. You will seal it.

VIII. We will re-open in January.

Now:

Short-term goal 1: _____

Short-term goal 2: _____

Long-term goal: _____

Extra-long-term goal: _____

What do I need to do to reach my goals?

Swimmer's Name: _____

Supervising Coach: _____

Head Coach: _____

January:

How did I do?

Short-term goal 1: _____

Short-term goal 2: _____

Long-term goal: _____

Extra-long-term goal:

What do I need to do?

Swimmer's Name:

Supervising Coach:

Head Coach:
