



Short Course Goal Sheet

**“SET GOALS THAT SCARE YOU A LITTLE AND EXCITE YOU A LOT.”**

**Name:**\_\_\_\_\_

Grade In School:\_\_\_\_\_

**Age:**\_\_\_\_\_

**Best Times:**

Event	CURRENT	GOALS – Short Term 1-3 Months	<b>BIG GOALS</b>
1650 Free			
1000 Free			
500 Free			
200 Free			
100 Free			
50 Free			
200 IM			
400 IM			
50 Fly			
100 Fly			
200 Fly			
50 Back			
100 Back			
200 Back			
50 Breast			
100 Breast			
200 Breast			

**What will your Splits be?**

**On a scale of one to 10, write your effort in practice this past season.**

\_\_\_\_\_

**What are some things that can help you put in a better effort into practice?**

**List at least three things.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Do you think your effort relates to your goals for this season?**

\_\_\_\_\_

**FUNNY FACT ABOUT YOURSELF:** ( Be Honest and have Fun!! )

\_\_\_\_\_

**Favorite Events:** \_\_\_\_\_

- **What are some of your favorite sets to swim during practice?**
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- **Would you like a coach to talk to you before or after a race? What is the most effective way for a coach to show his/her support for you as a swimmer?**

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- **What's one significant aspect of the team you would like to see change?**

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- **What's one significant aspect of the team you would like to stay the same? (If you're in your first year with us, what is your favorite team aspect from your former team?)**

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- **List at least three team goals you have for this season.**

1.)  
2.)  
3.)

- **List at least three individual swimming goals you have for this season.**

1.)  
2.)  
3.)

- **List five ways you will achieve your goals in swimming this season.**

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)

What are some sets that you think will help you achieve your goal?

What are some things that can help you get better at underwater's give me a true answer

**Daily Goals:** These are things you would like to improve daily. For example, “flip turn at every wall”, “streamline off of every wall”, “listen to my coach”, and “complete every set” are all daily goals.

- 1.)
- 2.)
- 3.)
- 4.)

**Short Term Goals:** These are goals you can set for the next few months, for example “take 2 seconds off of my 100 breaststroke at the next swim meet”, “compete in an invitational swim meet”, “make it to every single practice this season” are all short term goals.

- 1.)
- 2.)
- 3.)

**Long Term Goals:** These are goals that you want to reach by the end of the Short Course season, for example “qualify and compete at states in the 100 free”, “make a Sectional cut”, “place 1st in the 100 fly at the 4th swim meet of the season”, “be a positive supportive teammate ALWAYS” are all examples of long term goals.

- 1.)
- 2.)
- 3.)
- 4.)

**BIG Goals:** These are the goals you dream about, your ultimate swimming goals! For example “make the Olympic Team in 2024”, “Compete in college swimming”, “Beat Katie Ledecky in the 400 Free” are all good dream goals. Remember once you write a Dream Goal down you are making it a future reality!

- 1.)
- 2.)
- 3.)

**Explain 3 things you will do differently in practice to help accomplish this season's swimming goals. (May be related to attitude, attendance, effort, leadership, nutrition/hydration, etc)**

- 1.)
- 2.)
- 3.)

**Explain 3 things you will do differently at meets to help accomplish this season's swimming goals. (May be related to confidence, focus, relaxation, race pacing, nutrition/hydration, pre-race rituals, etc)**

- 1.)
- 2.)
- 3.)

**Explain 3 things you will do to help accomplish your goals outside of swimming.**

- 1.)
- 2.)
- 3.)

**Athlete Signature** \_\_\_\_\_