

GOAL & INFORMATION SHEET

Goal setting is important to the mental aspect of sports, especially swimming. By setting small and large goals for yourself, you will feel that you are making progress throughout the season. These goals can be short term and long term goals that should be relevant to the winter swim season. When writing your goals the more specific that you can be, the better. It is also great to set a date or time frame as to when the goal should be accomplished. The goals are split into three categories. (1) Technique specific goals for each stroke, (2) Technique specific goals for starts, turns and finishes and (3) goal times in all events.

To help you as an athlete and the coaching staff develop your skills to their fullest potential please fill out the following information below. Please think through your responses thoroughly.

(1) Technique Goals for each Stroke:

Formulate at least 3 goals for each stroke in the places below:

Butterfly (example: stronger up kick)

Backstroke (example: better shoulder and hip rotation)

Breaststroke (example: squeezing my feet together at the end of the whip kick)

Freestyle (example: keeping a consistent breathing pattern)

(2) Technique specific goals for Starts, Turns & Finishes:

Formulate at least 2 goals for each area.

Starts (example: improve my reaction time off the block)

Turns (example: get a longer push off the walls by improving my streamlines)

Finishes (example: Build speed into my finishes)

Fill out the table below with your goal times. The short term (ST) goals are times that you will achieve by the end of the season. The long term (LT) goals are times you will achieve by the end of the Winter Swimming Season.

NAME: _____ Email: _____

GOAL TIMES FOR THE SEASON			
EVENT	Best Time	ST	LT
50 Free			
100 Free			
200 Free			
500 Free			
50 Back			
100 Back			
200 Back			
50 Breast			
100 Breast			
200 Breast			
50 Fly			
100 Fly			
200 Fly			
100 IM			
200 IM			
400 IM			

IMPORTANT INFORMATION: All the information below will be reviewed by the coaching staff only. Please be honest. Thank You!

1) List the strokes in order of your most favorite to your least favorite:

2) List your favorite events using any of the events from above (include relays) _____

3) List your **least** favorite events using any of the events from above (include relays) _____

4) List your favorite time & least favorite time to practice and why? _____

5) What is your favorite meet throughout the season? _____

6) What is your favorite thing about swimming with this team? _____

7) What do you feel can be improved about practice or the team? _____
