

Swimmer Goal Worksheet

Name: _____ Today's Date: _____ Age: _____

What is your BIG INSPIRING SEASON SWIMMING GOAL? _____

Why is that your goal and how does it inspire you? _____

How many practices do you commit to attend to achieve this goal? _____

What was your biggest highlight of last season? _____

In one phrase what do you think was your primary weakness from last season? _____

What are your favorite events and why? _____

What are your least favorite events and why? _____

SPECIFIC GOALS

Specific Process Goals (What are the technical changes and racing habits you aim to achieve this year?)

1. _____

2. _____

3. _____

Specific Outcome Goals (Is there a race you want to win, a meet to qualify for or a record you want to make your own?)

1. _____

2. _____

3. _____

What are 3 abilities or skills you can develop in *practice each day* that will help to achieve these goals? (e.g. not breathing off the wall, strong pull outs, breath control etc.)

1. _____
2. _____
3. _____

What are 2 things you can develop *each day, outside of the pool*, to help you reach these goals? (e.g. nutrition, flexibility, sleep, mental training, etc.)

1. _____
2. _____

Write 3 positive self-talk, or key phrases you can use during challenging sets and races to drive you to swim faster, stronger, harder? Write one on your water bottle.

1. _____
2. _____
3. _____

What do you feel you need from your coach this year to achieve your goals?

1. _____
2. _____
3. _____

What long-term objectives do you have for yourself in swimming or in life?

1. _____
2. _____
3. _____

I commit to doing everything possible for _____ to achieve these goals in 20__.

Swimmer

Coach

Support Person

BEST TIMES & GOALS CHART	Current Personal Best (LC)	Current Personal Best (SC)	Season Target Goal (LC)	Season Target Goal (SC)	Any reason for that goal?
50 Free					
100 Free					
200 Free					
400 Free					
800 Free					
1500 Free					
50 Back					
100 Back					
200 Back					
50 Breast					
100 Breast					
200 Breast					
50 Fly					
100 Fly					
200 Fly					
200 IM					
400 IM					