



## Goal and Season Planning Worksheet Summer 2011

"Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work" - *Stephen King*

The purpose of this exercise is to set forth goals for the season. It is important to know where you are going in order to make sure we are on the correct path during the season. Make the plan, follow it, adjust as needed, success will follow.

### Key Dates:

- Season Starts - May 16th
- SCI/DACA Meets - June 15th-21st
- Midnight Sun Invite - June 23rd-26th
- Man Camp (tentative) - July 8th/9th
- Sectionals - July 19th-23rd
- Nationals - August 2nd-6th
- HS Season Begins - August 8th
- Western Zones - August 9th-13th
- 1st HS Meet - August 26th

### What are the steps?

- Look at the dates above. Factor in any family vacations or time away that may impact your training regimen and then start thinking about your goals for the season; both qualitative and quantitative.
- Think about what improvements you would like to incorporate into your swimming. These qualitative things are not always measurable and may include technique improvements, turn improvements, etc. Record these goals in detail on the back side of this page.
- Next, think about the more measurable improvements you would like make over the summer. These can be competition/time goals, dryland/strength goals. These qualitative goals can be easily measured. Record these goals in detail, including goal dates, on the back side of this page.
- The more specific you are the clearer the picture of what you need to work towards becomes. Use whatever resources you need to help put your goals together. Calendars, time standard tables, meet results, etc. are all good tools for helping to build your goal sheet.

***Qualitative (Subjective) Goals:***

***Quantitative (Measurable) Goals:***

***Swimmer Signature:***\_\_\_\_\_ ***Date:***\_\_\_\_\_