

Goal Sheet

Name: _____

Date: _____

I. Goal Times

A. Long Range Goal Times

1. Split/Pace times for goals

B. Intermediate/Short Term Goal Times

2. Split/Pace times for goals

II. Race/Meet Goals

III. Technique Goals

A. Butterfly

B. Backstroke

C. Breaststroke

D. Freestyle

E. Under waters

F. Starts

G. Turns

I. Other Goals