

QuickSilver Swimming

Unlock your potential.

• Goal Sheet •

Swimmer: _____ Age: _____ Birthday: _____ Group: _____

Your Swim Goals

Goals should be challenging and realistic! Coaches will meet with you to discuss goals!

ALL EVENTS	EARLY SEASON TIMES		MIDSEASON GOALS		END OF SEASON GOALS	
	Current Time	Cut	By End of Nov	Cut	By End of Dec	Goal
50 Free						
100 Free						
200 Free						
500 Free						
1000 Free						
1650 Free						
100 Back						
200 Back						
100 Breast						
200 Breast						
100 Fly						
200 Fly						
200 IM						
400 IM						

SHORT-TERM (THIS SEASON) SWIM GOALS

Top 3 "primary" events you want to focus on?

1. _____ 2. _____ 3. _____

Top 3 "secondary" events you want to focus on?

1. _____ 2. _____ 3. _____

What do you want to accomplish this season (your short-term goals) in swimming?

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, pacing, nutrition/hydration, pre-race rituals, etc.)

1. _____
2. _____
3. _____

What are 3 things you have done a really good job on this past month?

1. _____
2. _____
3. _____

Are you able to attend the following meets this season?

- | | |
|--|--|
| <input type="checkbox"/> CSA meet, 11/15 | <input type="checkbox"/> JOs, 12/5- 12/7 |
| <input type="checkbox"/> Race to JOs, 11/22- 11/23 | <input type="checkbox"/> CSA Championships, 12/12- 12/14 |

LONG-TERM SWIM GOALS

What are your long term goals for swimming (long term means in 1 year through college!)?

Your Other Goals

SHORT-TERM (THIS SEASON) OTHER GOALS

List a few things you would like to accomplish this season *outside of swimming*.

- _____
- _____
- _____

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

- _____
- _____
- _____