

Swimmer's Name \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_



Swimming Group \_\_\_\_\_

## SSFAC Swimmer's Goal Sheet

All swimmers need to establish short-term and long range goals. Short-term goals might be those goals that could be attained this season or year, while long range goals would be those that are ultimate or final achievements. These goals should change from time to time as each swimmer becomes more or less successful in his/her endeavor.

You are expected to fill out the following goal sheet, identifying at least three specific goals in each category and sharing them with the coaching staff and parents. Examples: Why are you here? Are there any time standards you would like to attain? Would you like to improve on any specific stroke/event? Would you like to qualify for and compete in Junior Olympics, Far Westerns, Sectionals, or even Nationals? These are just some ideas for goals that some swimmers may have. What are ***YOUR*** goals?

### **Short-Term:**

- 1.
- 2.
- 3.

### **Long Range/Final Achievements:**

- 1.
- 2.
- 3.