



Ketchikan Killer Whales Swim Club Age Group Goal Setting Form

Name			
Age			
What things do you like most about swim club or swimming?	1) 2) 3) 4)		
What is your lifetime swimming Goal or Dream? Examples: earn a swim scholarship; win the Olympics			
What achievement would you like to attain by the end of the swim season? Examples: qualify for age groups Moveup a group, earn and 'A' time			
End of Year Goals (Goal Times)	Event	Current Time	Goal Time
	500 FR		
	200 IM		
	100 FR		
	100 BK		
	100 BR		
100 FL			
What actions will you take to achieve these goals?	1) 2) 3) 4)		
Goal Commitment I _____ herby am committed to achieving the goals I have established. Athlete Signature _____ Date _____ I herby am committed to helping _____ achieve his/her goals. Coach Signature _____ Date _____			