



**Ketchikan Killer Whales Swim Club**  
**Senior Goal Setting Form**

<b>Name</b>	<b>Email Address</b>		
<b>Gender</b>			
<b>Age</b>			
<b>Years in Competitive Swimming</b>			
<b>Focus Events</b>	<b>Event</b>	<b>Current Time SCY</b>	<b>Current Time LCM</b>
<b>Lifetime Swimming Goals/Dream</b>			
<b>Time Goals</b> <b>End of Season This Year</b> <b>End of Season Next Year</b>	<b>Event</b>	<b>Goal This Year</b>	<b>Goal Next Year</b>
<b>End of Year Goals (Achievements)</b>			
<b>Short Term Swimming Goals (Weekly, Monthly, Daily)</b>			
<b>A = What is the goal? B = How will the goal be achieved? (What action will you take) (Be Specific)</b>			
1A)			
1B)			
2A)			
2B)			
3A)			
3B)			

<b>Career or Life Goals/Dream</b>	
<b>End of Year Non Swimming Goals (Achievements)</b>	
<b>Short Term Non Swimming Goals</b> <b>A = What is the goal? B = How will the goal be achieved? (What action will you take)</b>	
1A)	
1B)	
2A)	
2B)	
3A)	
3B)	
<b>List all other extra curricular activities you will be regularly participating in during the season.</b>	
<b>Goal Review</b> <b>1. At the end of the season highlight all the goals you have achieved.</b> <b>2. If any goal(s) were not achieved, using the space below answer the following questions:</b> <b>A) Why was the goal not achieved?</b> <b>B) What would you do differently in order to achieve your goal? (What have you learned?)</b>	
<b>Goal Commitment</b> I _____ am committed to achieving the goals I have established <b>Athlete Signature</b> _____ <b>Date</b> _____  I Patrick Burda am committed to helping you achieve these goals. <b>Coach Signature</b> _____ <b>Date</b> _____	