



Ketchikan Killer Whales Swim Club  
EST. 1973

## Ketchikan Killer Whales Swim Club Stroke Development Goal Setting Form

<b>Name</b>	
<b>Age</b>	
<b>What things do you like most about swim club or swimming?</b>	1)  2)  3)  4)
<b>What is your lifetime swimming Goal or Dream?</b> Examples: earn a swim scholarship; win the Olympics	
<b>What do you want to improve on this year?</b> Examples: Stream line, breaststroke, kick, underwaters, dives.	
<b>What actions will you take to achieve these goals?</b>	1)  2)  3)  4)
<b>Goal Commitment</b>  I _____ herby am committed to achieving the goals I have established.	
<b>Athlete Signature</b> _____ <b>Date</b> _____	
I herby am committed to helping _____ achieve his/her goals.	
<b>Coach Signature</b> _____ <b>Date</b> _____	