



2021-22

Swimmer Goals

#IT'S TIME

DELAYED BUT NOT DENIED! Got Goals?!?

Name: _____ Age: _____

Signature: _____ Date: _____

My favorite event(s) is/are: _____

I swim because: _____

My purpose for swimming is:
(What I am hoping to get/learn from swimming)

Years in Competitive Swimming: _____

The Target: The Vision of Success

In order to be successful, you must know what success will look like.

My personal goals for this season are:
(ex. Be a positive leader for the team OR Take 3 dolphin kicks off of every wall, etc.)

- I will be successful in and out of the pool! Being a great student is a priority. I can't swim without good grades and swimming can only take me so far.
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My time goals for this season are:

Event	Current Best Time	Goal Time

The Process: My Path to Success

Now that I know what my goals are, here is what I am going to do every day to achieve them.

Sleep: I will try to get _____ hours of sleep every day.

Hydration: I will drink at least _____ bottles of water every day.

Nutrition: I will eliminate/limit these bad habits from my diet: _____

Other: _____

My coach can help motivate me by:

My stroke focus are:

	Strength	Weakness	I am going to do this every time in practice
Fly			
Back			
Breast			
Free			
Turns/ underwaters			
Starts			
Attitude			

How did Covid affect your mindset? _____

What can you learn from this? _____