



2019-20  
**Swimmer Goals**  
**#2020**  
**BUY IN!**  
**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)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**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 |
|-------|-------------------|-----------|
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### 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/<br>underwaters |          |          |  |
| Starts                |          |          |  |
| Attitude              |          |          |  |