Starfish Swim Club SC 18-19

Albany Starfish Goals Worksheet



Swimmer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Squad: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SHORT TERM GOALS**

Short term goals are things you want to accomplish during, or by the end of the 2016-2017 Short Course Season. These goals should be ambitious, but attainable. In other words, think of realistic improvements you can make in the next few days, weeks, months. Think of these goals as checkpoints on the way to your long term goals. If we accomplish them sooner than you thought you might, we can always reset and set new goals!

**General Goals**

General goals are things that you want to improve that might not have a specific measurement (time, distance, etc), but are areas that you could improve in to become a better swimmer. Ex: Get in water on time, improved underwaters, eat better, sleep more, etc… List at least 3-5 General Goals

For each goal listed, identify the things that need to be done to accomplish that goal. Are there ‘checkpoints’ along the way that can help you determine if you are making progress toward that goal.

**Specific Goals**

Specific goals are things you want to accomplish that have a more clear measurement. This includes, but is not limited to certain times or time standards you want to accomplish, meets you want to qualify for, or events you want to swim. List at least 3-5 Specific Goals

For each goal listed, identify the things that need to be done to accomplish that goal. Are there ‘checkpoints’ along the way that can help you determine if you are making progress toward that goal.

**LONG TERM GOALS**

Long term goals are things you want to accomplish in the sport of swimming at some point, but might seem far off now. Are you someone who likes swimming, or are you someone who LOVES swimming? Are you someone who wants to move forward to higher levels of swimming, or maybe you simply enjoy the fun and fitness benefits of swimming? These goals can be more general, or even less about swimming and related to how swimming can help you accomplish your goals in life. Or, they can be very specific- I want to qualify for Speedos, Juniors, Olympic Trials, etc… No goals are too big…

Discuss some of your long term goals for swimming:

Please attach additional pages to this document as needed.