Goal Setting Outline:

Goal 1: Performance goal - something that can be measured with your swimming. This may be a time standard, swimming an event you’ve never swam before, completing an event without getting a DQ (or something along these lines).

1. Write goal in center of note card / paper
2. Write something you can do each day at practice to help you achieve your goal.
3. Write something you can do each day at home to help get closer to your goal.
4. Write who could help you achieve your goal (coach, friends, parents, etc) and what you would ask them to help you with.

Goal 2: Personal Goal - something you would like to improve on outside of swimming specific improvements. This could be better grades in school, making new friends in swim practice, learning a new skill (the sky is the limit, these are just some ideas!)

1. Write goal in center of note card / paper.
2. Write something you can do to help you achieve that goal. Can write a couple things!
3. Write who could help you achieve your goal (coach, friends, parents, etc) and what you would ask them to help you with.