

2019-2020 Elk Grove Piranhas Aquatic Club Swimmer Goal Worksheet



Name: _____ Age: _____ Birthday: _____
School: _____ Track or Traditional? _____ Grade in School: _____

What time does school begin and end?

1. Will you be competing with PAC or EGP next summer? _____ Or undecided?
2. What do you like about being a swimmer?
3. What goals do you have this season?
4. Is there one stroke or event you want to specifically work on?
5. What % of practices do you feel you need to attend to achieve this goal?
6. What is your biggest strength as a swimmer?
7. What is your biggest weakness as a swimmer?
8. How many swim meets do you want to attend each month/season?
9. What new event do you want to try?
10. Did you meet your goal(s) last season?
11. What made you successful?
12. What prevented you from achieving your goal(s)?
13. What makes practice fun to you?
14. Tell us something interesting that we don't already know about you:
15. What would you like to see from the program/coaches/practices?
16. Any other comments about last season or other things you want to discuss?

| Best Times and Goals Chart | SCY Lifetime Best | SCY Lifetime Best Date | SCY In-Season Best Time (non-tapered) | This Season's Goal |
|-----------------------------------|--------------------------|-------------------------------|----------------------------------------------|---------------------------|
| 25 Free | | | | |
| 50 Free | | | | |
| 100 Free | | | | |
| 200 Free | | | | |
| 500 Free | | | | |
| 1000 Free | | | | |
| 1650 Free (Mile) | | | | |
| 25 Back | | | | |
| 50 Back | | | | |
| 100 Back | | | | |
| 200 Back | | | | |
| 25 Breast | | | | |
| 50 Breast | | | | |
| 100 Breast | | | | |
| 200 Breast | | | | |
| 25 Fly | | | | |
| 50 Fly | | | | |
| 100 Fly | | | | |
| 200 Fly | | | | |
| 100 IM | | | | |
| 200 IM | | | | |
| 400 IM | | | | |