

First I want you to know your times. It bewilders me when I ask a swimmer what their best time is for an event, and they don't know. I can understand if it's an event that you swim only once a year, but anything you swim 2 or more times a season, you really should know your best time – at least to the second.

So the first part of the exercise is to fill in your old best times.

- 1) Go to the usa swimming website....[usaswimming.org](http://usaswimming.org) click on times // times search & power point calculator //
- 2) Type in your name, select the competition year.....for the first column of your goal sheet this is listed on the USA swimming “competition Year” dropdown menu as 2016 (9/1/15 – 8/31/16) ((On the goal sheet I listed it as 2015-2016 season. )) on the “times to show box, select “show only fastest time by event” then Click Find times
- 3) Copy these times to the first column on your goal sheet
- 4) Repeat this, but select 2017 as the competition year.
- 5) Now you've got 2 years of times on your goal sheet
- 6) Start dreaming
- 7) Dream big
- 8) What do you want to achieve??? You might want to use the time standards sheet to help you but your goals don't have to correspond to any time standards.
- 9) Write in goals for at least 5 of your times
- 10) Now what?
- 11) Turn the paper over and fill in what you need to do to get to your goals
- 12) Consider the stroke technique items you put on the previous worksheet
- 13) Turn the paper in to me
- 14) As swimmers turn the papers in, I'll set up a goal meeting with you
- 15) Go
- 16) Chase
- 17) Your
- 18) Dreams

Also, quick follow up on yesterday's talk.....go online and sign up at **[lookforit.com](http://lookforit.com)**. It is by far the best one stop way to start looking at future college swimming, with links to school sites, places for you to keep notes on your contacts with colleges etc. Even if you're just a freshman, it's fun to see where you could compete now. If you're a Sophomore or Junior or Senior – SIGN UP NOW! Schools will not come pounding on your door with handfuls of cash (okay, maybe they do if you're Katy Ledecky speed in high school....otherwise), you have to do some work. Start educating yourself at how many colleges are out there with swim teams. Questions, please ask Coach DawnElla or myself.