



Goal Sheet

SWIMMER:

COACH:

DATE:

TIME GOALS per Event (this season):

- Event _____, Time Goal _____
- Event _____, Time Goal _____
- Event _____, Time Goal _____
- Event _____, Time Goal _____
- Event _____, Time Goal _____
- Event _____, Time Goal _____

TECHNIQUE GOALS:

- 1.
- 2.
- 3.

Overall Season GOALS:

- ✓
- ✓

ULTIMATE GOAL (LONG TERM):



Historical Best Times:

- Event _____, Time _____
- Event _____, Time _____
- Event _____, Time _____
- Event _____, Time _____
- Event _____, Time _____
- Event _____, Time _____