



GCST
GULF COAST SWIM TEAM
Seasonal Goal Setting Worksheet

NAME: _____
 (First) (Middle) (Last) (Nickname)

SEASON YEAR(S) : _____ Short Course Long Course

Instructions

Please read carefully and answer EVERY question. Please put time and thought into your day to day training and the overall season when answering the questions asked below. Please do not give one word answers. The last page has space for your times and goals. Please complete this goal setting sheet and schedule a meeting with your coach to discuss these answers and your goals for this season.

Many times in swimming it's not the end result, but the journey and the way we reach our goals that is important. This goal sheet is just one step along the long road to reaching your goals. Please answer each question honestly.

Previous Season

Think about your performance and results from the previous season in answering these questions.

1	Did you meet all of your goals for the previous season? <input type="checkbox"/> YES <input type="checkbox"/> NO Why? or Why not? _____ _____ _____ _____ _____
2	What could you have done differently to make your season better? _____ _____ _____ _____ _____

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Seasonal Goal Setting Worksheet, Continued

Previous Season
(continued)

3	<p>With the knowledge that was gained last season, what will you change to make this season more productive in and out of the water?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
4	<p>Why are goals important? When setting your goals do you look at time standards or do you “make them up”?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
5	<p>Did you attend enough practice last season? Why or why not? How did that affect your season out come? Good, Bad, Discuss?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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GULF COAST SWIM TEAM

Seasonal Goal Setting Worksheet, Continued

Swimming Goals

Think about the goals you want to reach during this season in answering the following questions.

6	What time standards do you have in mind? (Personal Bests, State, Sectionals, Juniors, Seniors, State Records, etc.)? Discuss. <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
7	How are you going to reach these goals? (Please list 9-10 ways) 1. <hr/> 2. <hr/> 3. <hr/> 4. <hr/> 5. <hr/> 6. <hr/> 7. <hr/> 8. <hr/> 9. <hr/> 10. <hr/> <hr/>
8	How many workouts will you attend to reach these goals (per week)? <hr/> <hr/>

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GULF COAST SWIM TEAM

Seasonal Goal Setting Worksheet, Continued

Swimming Goals
(continued)

9	What are your 3 best events? (Not favorite events) 1. 2. 3.
10	What are your 3 favorite events to swim? 1. 2. 3.
11	What is your weakest area in swimming? Training? Dryland? Discuss.
12	What type of training do you feel you need in order to reach your goals? (technique, dryland, distance, IM work, sprinting, etc.) Explain.

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Seasonal Goal Setting Worksheet, Continued

Swimming Goals
(continued)

13	<p>How many practices do you think you need to attend to achieve these goals and how are you going to make that commitment to achieve your goals?</p> <hr/> <hr/> <hr/> <hr/> <hr/>
14	<p>What type of role do you have (leader, follower, slacker, etc.)? How will you contribute to the team dynamics of the gold group this season? Please explain.</p> <hr/> <hr/> <hr/> <hr/> <hr/>
15	<p>How do your peers view you (leader, follower, slacker) and how can you change this view into a leader or contributor role? Please explain</p> <hr/> <hr/> <hr/> <hr/> <hr/>

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Seasonal Goal Setting Worksheet, Continued

Away from the Pool

School, family, and a life outside of the swim pool are important. Begin thinking of skills and other aspects of life that you need to work on to become a well rounded person.

16	What type of grades do you receive? What grades would you like to earn? How will you balance swimming and school to reach these goals? <hr/> <hr/> <hr/> <hr/> <hr/>
17	How well do you use your time (time management)? Give an example. Is this an area were you can improve? Why or why not? Please explain. <hr/> <hr/> <hr/> <hr/> <hr/>
18	Do you receive a balanced diet? What areas can you improve and what areas are already apart of a well balanced diet? Explain. <hr/> <hr/> <hr/> <hr/> <hr/>

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Seasonal Goal Setting Worksheet, Continued

Away from the Pool
(continued)

19	<p>Do you feel that your goals are important to me as your coach? Why or Why not? Please explain.</p> <hr/> <hr/> <hr/> <hr/> <hr/>
20	<p>How motivated are you to reach these goals? How will you prove to the coaches and athletes that these goals are important to you? Please explain.</p> <hr/> <hr/> <hr/> <hr/> <hr/>

Certification

I, _____ have put a lot of thought and time into these questions and I answered them to the best of my knowledge.

(Signature)

(Date)

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Fill in your best time and your goal time for this season. Personal best times can be found online the *My Results* link on our website www.gcst.org. Remember to select the correct course (SCY or LCM)!

Freestyle Events

	50	100	200	400/500	1000/1650
Best Time					
Goal Time					
State/Sect.					

Backstroke Events

	50	100	200
Best Time			
Goal Time			
State/Sect.			

Breaststroke Events

	50	100	200
Best Time			
Goal Time			
State/Sect.			

Butterfly Events

	50	100	200
Best Time			
Goal Time			
State/Sect.			

Individual Medley Events

	100	200	400
Best Time			
Goal Time			
State/Sect.			