

SOLON SWIMMING

LC Goal Sheet

Name: _____ Group: _____ Date: _____

School: _____ Grade: _____ Age: _____

What is your BIG INSPIRING GOAL? _____

How many practices a week do you feel you need to attend to achieve this goal?

What was your biggest highlight of last season?

What are you two favorite and least favorite events?

Goal Chart

Event	LC LTB	LC In-season Best (not tapered)	LC Goal	LC In-season Goal (some blanks are okay)	Any reason for the particular goal(s)?
50 Free					
100 Free					
200 Free					
400 Free					
800 Free					
1500 Free					
50 Back					
100 Back					
200 Back					
50 Fly					
100 Fly					
200 Fly					
50 Breast					
100 Breast					
200 Breast					
200 IM					
400 IM					

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How many practices do you plan to attend each week? _____

What stroke/technical changes and racing habits do you need to make or develop to achieve your goals? Be specific to you as an individual.

What other action steps (regarding training, nutrition, sleeping, etc.) do you need to take to achieve your goals? Be specific to you as an individual.

What sacrifices are you prepared to make to achieve your goals? What obstacles are currently in your way? How are you going to work around them?

Tell us something interesting about you that we don't already know.

Other things to think about and discuss with Coaches Perchinske and Kevin:

How did last season go for you? Did you meet your goals? How happy were you with your performance? What things did you do that made you successful? What things did you do or not do that prevented you from achieving a goal? If you were to sum up your primary weakness at your championship meet(s) last season in one phrase, what would it be? Additional comments and questions.