

EAAC Swimming

Goal Sheet

Swimmer's Name: _____ Year: _____

The purpose of goal planning is to establish a series of checkpoints throughout your season and career to guide you along the path to success. Goals should be specific, measurable, attainable, realistic and tangible.

Event	Event 1	Event 2	Event 2	Event 4	Event 5
Best Time					
Short Term					
Long Term					
Dream Time					

Now that you have established your goals, you need to determine specific action steps for achieving these goals. Specific action steps are aspects of your training you can concentrate on to empower you to attain your goals.

Specific Action Steps for Achieving Goals

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Swimmer's Signature: _____ Date: _____

Coaches' Signature: _____ Date: _____