



The Great Wolf Swim Team

Goal Sheet

Setting, striving for and achieving goals are an integral part of the swimming experience. With a proper set of goals you and the coach can develop a roadmap which will help you to achieve them. Swimming without goals is like traveling down a road without a destination in mind.

Name _____ **Group** _____

Short term goal (This season)

Mid term (Within 2 years)

Long Term (Ultimate end of swimming career goal)

