AD ASTRA AREA AQUATICS

"Find the Fighter in You!"

Please turn in by September 8, 2017

SWIMMER'S NAME: _____

PRACTICE GOALS

It is time to refocus on how you can become a better swimmer this season. When it comes to improvement – **what you do at workout is most important**. You must set daily practice goals that will make you successful during competitions. These practice goals must be what you shoot for each and every day of workout. If you are crushing your workout goals – you will be crushing your swims at meets.

PICK 3

Pick (3) practice goals you are going to dedicate yourself to this season and elaborate on them. *For Example: What sort of times are you looking to hold at workout? How will you ensure you try to achieve these goals each day? What will you tell yourself when it gets challenging? Etc....*

Here are some examples of things you can choose from to work on:

PRACTICE ATTENDANCE
PRACTICE PERFORMANCE
TIMELINESS TO PRACTICES
ATTITUDE AT PRACTICE
LISTENING SKILLS
KICK SETS
CHALLENGING SETS
PACE WORK
TEST/STAND-UP SETS
STARTS
TURNS
STROKE WORK
STRETCHING/SHOULDER RECOVERY
DRYLAND/WEIGHTS
BEING A GOOD TEAMMATE
GOAL TIMES IN WORKOUT

1) _____

_____
_____
_____

2) _____

_____
_____
_____

3) _____

_____
_____
_____

_____
_____
_____
_____

LIFESTYLE GOALS

It is also time to refocus your efforts on your choices away from the pool. Please elaborate on how you will **live a healthy lifestyle** in order to help better your chances of success in your practice goals.

Nutrition_____
_____
_____

Sleep_____
_____
_____

Hydration_____
_____
_____

Mental_____
_____
_____

Time
Management_____
_____
_____

MEET ATTENDANCE

Please have your parents commit to these events online.

- *Senior Circuit #1 (Qualify)*
- *AAAA I-70 Tri-Dual (No Elite)*
- *Swim-A-Thon*
- *Jim Devine Invitational*
- *Trunk or Treat (Elite Times)*
- *Frosty Frolic (No Elite)*
- *Winter Qualifier - West*
- *Midwest Winter Classic (Qualify)*
- *Pro-Am Classic (Qualify)*
- *True Blue Igloo*
- *Senior Circuit #2 (Qualify)*
- *Foxjet Winter Classic (Qualify)*
- *MAL Champs - West*
- *District Champs – West (Qualify)*
- *Short Course Championships (Qualify)*
- *Region VIII Sectionals (Qualify)*