Camillus Swim Club

Swim Meet Goal Sheet

Name of Meet: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Meet: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pick 1 – 5 Events you will be swimming at the next Swimming Meet

Age Range:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Event | Silver’s Time | My Best Time | How Far Off | This Meet Time |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

SKILLS NEEDED TO ACHIEVE THIS GOAL

What non-pool related task you can do to maximize your chances to achieve this goal? (i.e. pacing, stoke count, concentration, good breakfast, plenty of sleep)

1. I will: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. I will: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. I will: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TRAINING NEEDED TO ACHIEVE THIS GOAL

What can you do in practice between now and your competition to increase your chances of achieving your competition goal? Write down two things to focus on in practice that will gear you towards your competition task goals.

1. In training, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. In training, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. In training, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DAILY GOAL SETTING

|  |
| --- |
| My Goal For Today Is: |
|  |
| What do I need to do PHYSICALLY to accomplish my goal? |
|  |
| What do I need to do MENTALLY to accomplish my goal? |
|  |
| Obstacle(s) that might prevent me from achieving my goal? |

END OF PRACTICE – SELF EVALUATION

Coaches Comments?