Below outline the following:

1. Unrelated to time standards or time improvements, what goal do you have for yourself for the upcoming season?
2. Season end goal – what do you hope to achieve by the end of the CURRENT season?
3. Competition goals – not using time standards, what goals do you have for yourself at swimming competitions (ie: persepctive, attitdue, effort, etc).
4. Practice goals – what goal do you have for yourself that you’d like to achieve every day at practice? You should have at least 3!

3

2

1

4:

|  |  |  |
| --- | --- | --- |
| **EVENT** | **CURRENT TIME** | **GOAL TIME** |
| 50 Free |  |  |
| 100 Free |  |  |
| 200 Free |  |  |
| 500 Free |  |  |
| 1000 Free |  |  |
| 1650 Free |  |  |
| 50 Back |  |  |
| 100 Back |  |  |
| 200 Back |  |  |
| 50 Breast |  |  |
| 100 Breast |  |  |
| 200 Breast |  |  |
| 50 Fly |  |  |
| 100 Fly |  |  |
| 200 Fly |  |  |
| 100 IM |  |  |
| 200 IM |  |  |
| 400 IM |  |  |