

Swimmer Goalsheet

All Swimmers should compile a list of realistic goals and bring to a coach to review them. These goals will give the swimmer something to work towards so that practice and meet performance has some personal incentive.

Goals recommended: Recommendation is followed by a good goal choice.

1. short-term goals that can be attained in the next couple of weeks. *ie. learning to dive without losing my goggles – remembering my goggles and fins every day for a week.*
2. long-term goal that can be attained by the season's end. *ie. achieving a qualifying time for states*
3. extra-long-term goal that can be achieved in a few years, taking into consideration that you must be willing to be put in the work necessary to achieve this goal. *ie. to someday make Y Nationals*

Guidelines: Guideline is followed by an example of a poor goal choice.

- I. All goals except Extra-Long-Term must be possible within the span of this season. *ie. swimming in the Olympics*
- II. Do not set unreasonable short-term goals. You should be able to attain these in a few weeks. *ie. cutting your fifty free time by ten seconds*
- III. Do not set goals that depend upon anyone but yourself. *ie. taking first place in every meet*
- IV. Do not set impossible goals. *ie. swimming a two hundred without breathing*

Procedure:

- I. Read this flyer and compile a long list of goals.
- II. Pick the best ones and put them on the sheet.
- III. create a plan of how to attain goal and write it on sheet.
- IV. Bring to a coach

Name: _____ Age: _____

Number of years on the Madison Y Team _____

Short-term goal 1:

Short-term goal 2:

Long-term goal:

Extra-long-term goal:

Practice Attendance Goal:

Do you set daily practice goals and if so give an example:

What do I need to do to reach my goals?

List 3 weaknesses in the sport I that I would like to fix?

State your goals for specific race that you want to achieve:

List 3 Scholastic Goals: