

NJ Wave Goal Sheet: Season _____

Example:

Outcome Goal:

“I love racing tough and placing Top 16 at Junior Nats. in the 800 Free”

Event Outcome Goal:

“I feel so strong when I touch the wall in 8:54.52 in my 800.”

Required Splits:

1st 100 = 1:04/ Hold 1:07's/ last 100 = 1:06

Outcome Goal (place/qualify):

1.

Event Outcome Goal (actual time):

1.

Required Splits:

Action Plans (process goals)

1.

2.

3.

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1.

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