

DC Wave Athlete Goal Form

Name _____ Age _____ Birthday: _____

Take moment to review your times from last season, and establish some goals you would like to reach during the upcoming season. Season goals should be times that you expect to achieve by the end of the long course season (LCM) in July, as well as short course (SCY) by the end of next March. Mid-season goals should be times you like to achieve by December or January that will let you know you're making significant progress towards our season goals. All of your times sum in competition are stored in the USA swimming online database. Please visit www.usaswimming.org click "times" at the top and then "Individual times search" to search for your times.

Time Goals: List reasonable and achievable times that you can work towards in the next year. Remember that your commitment and dedication level determine how well you will succeed.

Personal Goals: Use this space to write down specific and measurable (swimming or non-swimming related) goals that you think help you achieve your time goals. Feel free to write down anything else you think the coaching staff can help you achieve.

Event	Current	July LCM	December	March
50 Free				
100 Free				
200 Free				
500 Free				
1000 Free				
1650 Free				
100 Fly				
200 Fly				
100 Back				
200 Back				
100 Breast				
200 Breast				
200 IM				
400 IM				

List of things to work on:

In training, I will _____

In training, I will _____

In training, I will _____

DC DEPARTMENT OF PARKS AND RECREATION