

Goal Sheet for Competitive Swimmers

Name _____

Major Competition: _____

Event: _____

1. My MISSION STATEMENT – State your desired goal for this event. Focus on what is potentially possible for you to accomplish if you stretch yourself to the limit.

2. My PERFORMANCE goal- Please state your performance goals for this event and for this particular competition. Be realistic.

3. My SKILL goal- Please state your goal. Identify the technical aspects of your stroke you need to focus on in your bid to improve your performance goals.

4. My ATTITUDE goals- Please state your mental goals- Identify ways you may improve how you think about preparing for training and competing.

5. My BEHAVIORIAL goals- Please state ways you might improve how you ACT in your training preparations as well as before, during and after the major competition. Set goals to improve your actions.
