Marinwood Waterdevils Swim Team- Personal Goals

Swimmer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Three best/favorite events:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ best time: \_\_\_\_\_\_\_\_\_\_\_\_ GOAL TIME: \_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ best time: \_\_\_\_\_\_\_\_\_\_\_\_ GOAL TIME: \_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ best time: \_\_\_\_\_\_\_\_\_\_\_\_ GOAL TIME: \_\_\_\_\_\_\_\_\_\_\_\_

What do I need to do to achieve my GOAL time for each (can be multiple items per goal)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My BIG Goal for the season (examples- qualify for All Stars, swim in a relay/first heat, set more than 5 personal best times, swim a new event, etc…)

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I want my coach to :

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Event/Time Goal Tracking

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| --- | --- | --- |
| Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Best Time \_\_\_\_\_\_\_\_\_\_\_\_ | Goal Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Meet swum |  |  |  |  |  |  |  |  |  |
| Time swum |  |  |  |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Best Time \_\_\_\_\_\_\_\_\_\_\_\_ | Goal Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Meet swum |  |  |  |  |  |  |  |  |  |
| Time swum |  |  |  |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| Event \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Best Time \_\_\_\_\_\_\_\_\_\_\_\_ | Goal Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Meet swum |  |  |  |  |  |  |  |  |  |
| Time swum |  |  |  |  |  |  |  |  |  |