



Swimmer Goal Sheet

Name: _____ Date: _____

What is your biggest goal for the year? _____

What was your biggest highlight from last season? _____

What is your favorite event? _____

What was your favorite and least favorite set we've done recently? Why?

What is a SMART goal? Specific, have a narrow goal that you can describe in one sentence. Try not generalize. Measurable, the goal should have some sort of metrics so you can measure improvement. Attainable, have a reasonable goal that you can achieve in the time period allowed. Relevant, consider which goals you are passionate about and inspire you. Time-based, give yourself a deadline to complete the goal, as well as a timeline to complete each task goal.

BEST TIMES & GOALS	SCM PB	LCM PB	SEASON PB	GOAL
50 FR				
100 FR				
200 FR				
400 FR				
800 FR				
1500 FR				
100 FLY				
100 BK				
100 BR				
200 IM				
400 IM				

Long Term Goals

1. _____
 Task goal: _____
 Task goal: _____

2. _____
 Task goal: _____
 Task goal: _____



Swimmer Goal Sheet

3.

Task goal: _____

Task goal: _____

Short Term Goals

1.

Task goal: _____

Task goal: _____

2.

Task goal: _____

Task goal: _____

3.

Task goal: _____

Task goal: _____

4.

Task goal: _____

Task goal: _____

5.

Task goal: _____

Task goal: _____

Some questions to ask yourself as you reflect: Did you meet your goals last season? Why or why not? What allowed you/prevented you from being successful? Are you sleeping enough? Eating healthy? Managing stress levels? Do you have a study plan for the year?

What is your biggest strength in the pool? What is your biggest weakness?

What obstacles can you predict may get in the way of you accomplishing your goals?

What do you need from your coach to meet your goals? Do you have any questions?

Do you want to go to college? If so, what are your top 3 schools? Do you want to swim in college?

Test set goals	6x25 UW	5x50 FR	5x50 non FR	6x100
Best interval				