



Swimmer Goal Worksheet



Name:	Date:	Age:	Birthday:
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School:	Grade:
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What is your long term goal in swimming?

What is your end of season goal?

List 4 short term goals for this season

- 1.
- 2.
- 3.
- 4.

Best Tims & Goals Chart	SCY Lifetime Best	SCY Lifetime Best Date	SCY in-season best time (non-tapered)	Your goal this season	Comments
50 Free					
100 Free					
200 Free					
50 Back					
100 Back					
50 Breast					
100 Breast					
50 Fly					
100 Fly					

Swimmer Goal Worksheet

Were you happy with your performance last season?

What were your successes last season?

What could you have done better last season?

What are 4 skills you need to work on to achieve your goals?

1.

3.

2.

4.

List 4 things you can do between now and the end of the season to develop these skills?

1.

3.

2.

4.

School Schedule	STRENGTH	WEAKNESS
Do you have homework most nights?	Yes	No
How many hours per day do you read?		
When do you do your homework?		
Will you commit to reporting school struggles to coaches?	Yes	No
Will you commit to eliminating soda from your diet?	Yes	No
Will you commit to eating a meal or a pre-workout protein drink at least 30 minutes prior to workout?	Yes	No
Will you commit to eating a protein / carbohydrate snack or a post-workout drink at most 45 minutes after workout?	Yes	No

Swimmer Signature:

Coach Signature:

Meet Goal Worksheets

Use the following section to document individual meet goals, and the specific items you need to work on leading up to each meet.

Reflect on your performance after each meet.

Make notes and adjust meet goals going forward.

Swimmer Goal Worksheet

Meet:		Date of Meet:
Event	Goal Time	Notes
What skills do you need to sharpen in order to meet this goal?		
What skills do you need to sharpen in order to meet this goal?		
What do you need to do in practice leading up to this meet in order to achieve your goal?		

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Meet Split Worksheets

Use the following section to document individual meet splits. If you have split sheets provided to you or printed from the Stingray website, insert them in this section to keep yourself organized.

Reflect on your performance after each meet.

Swimmer Goal Worksheet

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

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Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Splits for Meet:			Date:
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Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

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Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

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Event:	Event:	Event:	Event:

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Event:	Event:	Event:	Event:

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Event:	Event:	Event:	Event:

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Splits for Meet:			Date:
Event:	Event:	Event:	Event:

Training Diary

Use the following section to keep track of your thoughts throughout the season.

Swimmer Goal Worksheet

Week Date Starting:			
Days of Practice:	Days Dryland:	Est. Yards	

Week Date Starting:			
Days of Practice:	Days Dryland:	Est. Yards	

Week Date Starting:			
Days of Practice:	Days Dryland:	Est. Yards	

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Week Date Starting:			
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