

Northern Sierra Swimming Goal Sheet

Name: _____ Date: _____

Year in school: _____ Season: _____ Primary meet: _____

Big picture goal – times with splits if possible - Outcome

Dream Big	How Fast?	Splits-little pieces	How Long?

Season Goals – times with splits – Performance NOW – Just one step on the ladder!

Event	Current Time	Goal Time	Goal Splits – little pieces

Process / development goals: MOMENT GOALS – THIS for the day to day

Stroke/Skill	Habit Change?	Work on?	How will you know?	What to tell yourself - This...

How can you help teammates get better?

In addition, I will respect each of my teammates and make it a priority to encourage each of them at every practice and support them in the pursuit of their goals.

Signature: _____ Date: _____