



HURRICANES SWIM TEAM GOAL SETTING FORM
10 & Under



Name			
Age and Grade Level			
What things do you like most about swim club or swimming?	1)		
	2)		
	3)		
	4)		
What is your lifetime swimming goal or dream? Examples: enjoy swim as a lifelong fitness activity; earn a swim scholarship; participate in the Olympics			
What achievement would you like to attain by the end of the swim season? Examples: get a legal time in all strokes, qualify for NCLs? States? Nationals? Golds? Zones?			
End of Year Goals (Goal Times) - Select those that apply to you.	Event	Current Time	Goal Time
	100 IM		
	200 IM		
	25 Free		
	50 Free		
	100 Free		
	200 Free		
	25 Back		
	50 Back		
	25 Fly		
	50 Fly		
	25 Breast		
	50 Breast		
If there is an event we have not included that you are interested in swimming, please feel free to add the event in an open spot.			
What actions will you take to achieve these goals?	1)		
	2)		
	3)		
	4)		
Goal Commitment			
I _____ herby am committed to achieving the goals I have established			
Athlete Signature _____		Date _____	
I herby am committed to helping _____ achieve his/her goals.			
Coach Signature _____		Date _____	