



HURRICANES SWIM TEAM GOAL SETTING FORM
11 and Up



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: earn a medal time in a particular stroke/distance, 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		
	400 IM		
	50 Free		
	100 Free		
	200 Free		
	500 Free		
	1000 Free		
	1650 Free		
	50 Back		
	100 Back		
	200 Back		
	50 Fly		
	100 Fly		
	200 Fly		
	50 Breast		
	100 Breast		
	200 Breast		
	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 _____	