



Newburgh Swimming

Goal Setting Questionnaire

Name: (Print) _____

Instructions:

- Read carefully and answer every question. Put some time and thought into your day to day training and the overall season when answering. Do not give one word answers. Coaches will be reviewing these and it is very important that you are honest and do some “soul searching” in answering.



Why? Why Not? _____ _____ _____ _____ _____ _____

What could you have done differently to make your season better? _____ _____ _____
With the knowledge that was gained last season, what will you change to make this season more productive in and out of the water? _____ _____ _____
Why are goals important? When setting goals, what do you base them on? (others, standards, make them up) _____ _____ _____



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*Did you attend all
the practices for
last season?*

Yes No

If no, why? What was the effect?

What time standards are you aiming for? Discuss.

How are you going to reach these goals? (List at least 8)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What support will you need – and from who? (i.e. teammates – motivation, coaches – technique, parents – support, etc...)



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Did you surprise yourself on any events or strokes last season?

Yes No

What are your 3 ***BEST*** events?

1. _____

2. _____

3. _____

What are your 3 ***FAVORITE*** events?

1. _____

2. _____

3. _____

What has been your best swimming moment? (meet/activity/etc...)

What is your weakest area in swimming? Training, Dryland, Practice Effort, etc..... Be specific and discuss.



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What has been your favorite training session?

What type of training do you feel you need in order to reach your goals? (technique, dryland, distance, IM work, sprinting, weights, etc....) Explain.

Explain what you feel each of the following type of training does.

Sprint: _____

Distance: _____

Pace: _____

Dryland/Weights: _____

Drill: _____

What is your LEAST enjoyable part of Practices?



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What type of role do you have at meets? (cheerleader, motivator, gameboy, texter, etc..)

Explain: _____

Your role during training sessions? (leader, follower, slacker, etc...)

Explain: _____

How will you contribute to your group at practices and meets this season?

How do your peers view you? (leader, follower, in the way, lazy, etc....)

_____, and how can you change this view to that of a leader or contributor?

Explain: _____

How well do you use your time? (time management) Give an example.

List 5 things in order of importance in prioritizing.

1. _____
2. _____
3. _____
4. _____
5. _____

How much time do you spend daily....(in minutes) Gaming: _____
Texting/Cellphone: _____
Something not in the top 5 of priorities:



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*Do you receive
a balanced
diet?*

Yes No

List a typical day of food and drink:

AM _____

PM _____

Recognizing that your diet may need to be different from non-athletes, what areas do you feel you do well and what do you need to improve on? Explain.

List your favorite foods/drinks:

- _____
- _____
- _____
- _____
- _____

*Are you willing to
try new foods or
retry ones you did
not like in the
past??*

Yes No

List foods/drinks you do not like:

- _____
- _____
- _____
- _____
- _____



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Do you feel your coach supports your goals? Can you talk to your coach? Why or why not?

Do your parents support your goals? Explain.

Do your teammates support your goals? Explain.

How motivated are you to reach your goals? How do you plan to prove to your coaches, teammates, and parents that these goals are important to you? Explain.

Hakeem Olajuwon

I've always felt it was not up to anyone else to make me give my best.

Evander Holyfield

It is not the size of a man but the size of his heart that matters.