

Name: \_\_\_\_\_

**Goal Sheet for the 2009-2010 Winter Season**

What is your ultimate swimming goal (Long Term)

\_\_\_\_\_

What is your intermediate goal? (1/2 way from here to LT goal)

\_\_\_\_\_

What is your 1 year goal (where do you want to be next year at this time)

\_\_\_\_\_

What is your season goal (i.e. make state/sectional/Jr cuts)

\_\_\_\_\_

**Technique goals:**

Fly: \_\_\_\_\_

Back: \_\_\_\_\_

Breast: \_\_\_\_\_

Free: \_\_\_\_\_

IM:  
\_\_\_\_\_

Strength/Dryland \_\_\_\_\_

Training – what must you do in training to accomplish these goals? Be consistent and focused in workouts. Have a plan and execute the plan DAILY – have your goal sheets posted so you can see them daily! Lap swimming will not help you achieve your goals, just coming to practice will not make the difference. Making each practice better than the one before and keeping your eyes on the goal will!

**Goal Sheet Times YARDS**

NAME: \_\_\_\_\_

	<b>Best Time (Real/Not converted)</b>	<b>½ Through Season</b>	<b>End of Season</b>
<i>25 Fly</i> <i>EX:</i>	<i>30.0</i>	<i>28.0</i>	<i>27.50</i>
50 Fly			
100 Fly			
200 Fly			
50 Back			
100 Back			
200 Back			
50 Breast			
100 Breast			
200 Breast			
50 Free			
100 Free			
200 Free			
500 Free			
1000 Free			
1650 Free			
200 I.M.			
400 I.M.			

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Swimmer's Signature