Name _____

Team Goals

What are your goals for the team?

What expectations do you have of the coaches?

What are you most excited about? Least excited about?

Personal Goal Sheet

Setting goals is simple if you follow the three basic steps described below. Your coach will help you determine your goals and plan the workouts that will help you accomplish them. The most important things to remember about setting and working toward your goals are:

1. Set a goal that is a challenge to you. Setting goals that you can already achieve will not help you improve, but setting goals that you can achieve if you work hard will show you how much you improve.
2. Be flexible and willing to adjust your goals. If you set a goal you thought was challenging but you reached it sooner then expected, set another goal.
3. Be specific on your goals. Times and practice goals are excellent. Beating "what's their face" is not.

Establish Long-Range Goals

Think about what you want to accomplish by the end of the season and write that below. An example would be: "Hit a state time in the 100 Back."

My Long-Range Goals Are:

1._____
_____

2._____
_____

3._____
_____

Establish Intermediate Goals

Now think about what you must achieve to reach your long-range goals. Using the example above, "a. Find out what state time is in 100 back (1:04.30). b. Find out what my current time is (1:06 74). c. Take 1 second off my time every month"

My Intermediate Goals (those that will help you achieve the Long-Range goals) are:

1. a.

   b.

   c.

2. a.

   b.

   c.

3. a.

   b.

   c.

Establish Short Term Goals

Your short-term goals are what you need to accomplish each day and each week of practice to progress. You will need to revisit your short-term goals often, as they will change based on progress. Again, using the above example "Hit a state time in the 100 Back. a. Work on backstroke flip turn. b. Strengthen kick on back. c. Work on better start and finish in practices."

1. a.

   b.

   c.

2. a.

   b.

   c.

3. a.

   b.

   c.

Attached to this sheet is a copy of all the major qualifying times that you might need to help complete this sheet. Decide a meet you would like to qualify for, and ***GO FOR IT!!!!!!*** Please make a copy of this sheet (once you have filled it out), and give it to your coach. They can help you accomplish your goals.