Name:

Date:

Blue & Green
Seasonal Goal Sheet

Whats a goal?

A goal is a dream that with some work can be made into reality.

> You can't put a limit on anything. The more you dream, the farther you get.
> **Michael Phelps**

Last Season

Name three goals you had last season, did you achieve them? Why or why not?

1. _____
_____
_____

2. _____
_____
_____

3. _____
_____
_____

If you had to pick one thing to change from last season that could have made it better what would that be? Could you change it for this season? How would you?

_____
_____
_____
_____

How often did you show up to practice last season? Was it enough to help you reach your goals? Could you have reached farther if you had gone to more practice?

_____
_____
_____
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_____

This Season

Name three or more time standard goals you'd like to achieve this season. It could be a team record, state cut, zone cut, or just beating a personal record.

1. _____

2. _____

3. _____

4. _____

5. _____

What do you plan on doing to reach these goals? Is there any steps you can think of to help you get there? Try to list 7 things that will help you the most to get where you want to be.

1. _____
_____

2. _____
_____

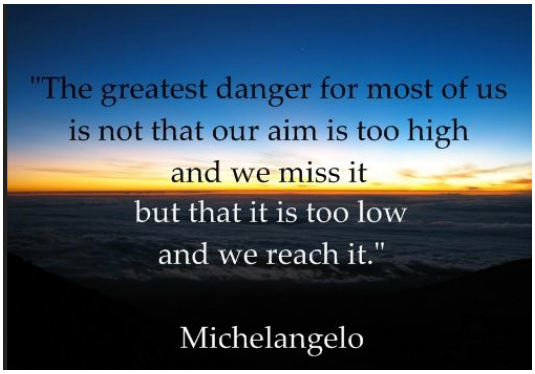
3. _____
_____

4. _____
_____

5. _____
_____

6. _____
_____

7. _____
_____



Fill out your current best times and goal times as well as the state cuts in each event. You can find your personal bests as well as the state cuts on the SEAY web site.

Freestyle	50	100	200	500
Best Time				
Goal Time				
State Cut				

Backstroke	50	100	200
Best Time			
Goal Time			
State Cut			

Breaststroke	50	100	200
Best Time			
Goal Time			
State Cut			

Butterfly	50	100	200
Best Time			
Goal Time			
State Cut			

I.M.	100	200	400
Best Time			
Goal Time			
State Cut			

Next Season...

Last but certainly not least ask yourself, “Why do I swim?”. This is a very simple question with a very complex answer. Take time to think about this, you may want to include what you’ve learned as a swimmer and what you want to accomplish in the future.

_____
_____
_____
_____
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_____
_____
_____