



Swimmer Goal Worksheet

Name: _____ Today's Date: _____ Age: _____ Birthday: _____

School: _____ Year in School : _____ Are you going to swim HS this year? _____

What is your BIG INSPIRING GOAL?: _____

How big is that goal, why is that your goal. and how does it inspire you? _____

What % of practices do you feel you need to attend to achieve this goal? _____

Your biggest highlight of last season: _____

What are your favorite and least favorite events? _____

Use www.usaswimming.org if needed to complete the chart below

BEST TIMES & GOALS CHART	SCY lifetime best time	SCY lifetime best date	SCY in-season best time (non-tapered)	Your goal this season (some blanks are o.k.)	Any reason for that goal?
50 Free					
100 Free					
200 Free					
500 Free					
1000 Free					
Mile					
100 Back					
200 Back					
100 Breast					
200 Breast					
100 Fly					
200 Fly					
200 IM					
400 IM					

Other things to think about for discussion with Coach Ryan:

How did last season go for you? Did you meet your goals? How happy were you with your performance? What things did you do that made you successful? What things did you do or not do that prevented you from achieving a goal? Any other comments about last season or other things we need to discuss? If you were to sum up in one phrase your primary weakness at your championship meets last season, what would it be?



Swimmer Goal Worksheet

Specific Process Goals (What are the technical changes and racing habits you aim to achieve?)

Specific Outcome Goals (Is there a race you want to win or a particular competitor you want to beat?)

What sacrifices are you prepared to make to achieve the above goals? What obstacles are currently in your way? How are you going to work around them?

What long-term objectives do you have for yourself in swimming or in life?

Tell me something interesting that I don't already know about you:

What questions do you have for Coach Ryan?
