

Individual Swimmer Goals Worksheet - For Swimmer

THE FOLLOWING GOAL SHEET IS DESIGNED TO HELP YOU UNDERSTAND WHAT YOU ARE WORKING TOWARDS FOR THE UPCOMING SEASON WHICH WILL ALSO HELP YOU UNDERSTAND WHAT YOUR LONG-TERM GOALS MAY LOOK LIKE.

NAME _____ YEAR/SEASON _____ AGE _____

What is your most important goal for the season _____

What is your most inspirational long term goal (3-5 years) _____

TOP THREE GOALS FOR SEASON

GOAL 1:

Mini-Goal:

Mini-Goal:

Mini-Goal:

GOAL 2:

Mini-Goal:

Mini-Goal:

Mini-Goal:

GOAL 3:

Mini-Goal:

Mini-Goal:

Mini-Goal:

Mini-Goals are for you to track your progress at different points of the season. For example... if your goal is to break 1:00 in a 100-yard swim. One mini-goal may be to hold 5 dolphin kicks off every wall during meets. Another could be to swim 1:01.5 by mid-season. These will help you focus on things during training and meets to help you achieve your ultimate goal.

