

Goal Setting for 2013 Long Course Season

Name: _____ Date: _____ Level: _____

- My favorite stroke is _____
- My least favorite stroke is _____
- 3 things that I do well are:
 - 1)
 - 2)
 - 3)
- 3 things I want to improve on are:
 - 1)
 - 2)
 - 3)
- How I will achieve each of my goals:
 - 1)
 - 2)
 - 3)
 - 4)
- My ultimate goal in practice is _____.
- The time standard that I want to achieve is

Goal Setting Check-in

May (mid-season):

- Have I achieved any goals? If so, which one(s)?
- Am I on track with my goals? If not, what can I do to get back on track?
- Are there any new goals to add?

July (end of season):

- Have I achieved any goals? If so, which one(s)?
- What am I most proud of this season?
- What can I do better for next time?