

## **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 \_\_\_\_\_

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## **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?