**WOSC Goal Setting Questionnaire**

* **Instructions:** Read carefully and answer every question. Your coaches will be reviewing your answers so make sure to answer thoughtfully with detail when possible.

Did you meet your goals for the previous season?

Yes No

**Why or why not?**

**How can you use last year’s success and failures to help you this season?**

**What are your top three goals for this swim season?**

**1.**

**2.**

**3.**

**How are you going to reach these goals?**

**1.**

**2.**

**3.**

**What are your three best events?**

Did you surprise yourself in any events and strokes last season?

Yes No

**1.**

**2.**

**3.**

**What are your three favourite events?**

**1.**

**2.**

**3.**

**What is your weakest element in swimming? Training, effort, meets, commitment, etc. Be specific and discuss.**

**What is your least favourite part of practice?**

**As your coaches we are excited to help you achieve your goals this year and will put in the effort to make this happen!!**