



Loveland Swim Club Goals & Championship Focus



Swimmer Name: _____ Group: _____

Personal Goals:

Current Early-Season Time **Mid-Season Goal Time** **Championship Goal Time**
(Unshaved & Unrested) (Suited, Shaved & Partial Drop) (Fully Rested, Suited & Shaved)

Event #1

Event #2

Event #3

Event #4

Event #5

Event #6

Goal Actions/Activities/Habits/Process: Self assess your strengths and shortcomings in the following core value areas of our club. Use this to think about what you believe you are doing well and where you need to work to improve your approach to achieving your goals.

Commitment (Is reflected by embodying all our core values while being able to prioritize one's time in a busy schedule. Managing all other activities so they do not lessen the effort to achieve one's goals as a swimmer is the mark of a committed member of the club.)

Explain Your Strengths:

Explain Your Shortcomings:

Balance (Is being a well-rounded member of the club that excels not only in the pool with LSC but also as a member of their school and all other community activities they are a part of. Excellence needs to be a culture in all areas of life and must be fostered beyond the pool and competitive swimming.)

Explain Your Strengths:

Explain Your Shortcomings:

Quality (Is achieved by demonstrating daily practice and competition excellence in performance, self-awareness and being coachable.)

Explain Your Strengths:

Explain Your Shortcomings:

Competition (The best competitors embrace competition and all its outcomes. Being an athlete that uses competition to challenge one's comfort zone and to embrace struggles as a method of growth is more important to success during competition than achieving personal best times. Reflective and self-reliant competitors are a must for athletic success and growth.)

Explain Your Strengths:

Explain Your Shortcomings:

Season Focus: After self-assessing your strengths and shortcomings now explain a plan to address your shortcomings to minimize their impact and remember your strengths when you are struggling during the training process to keep your mental approach positive.