

Wichita Swim Club
Gold Squad – Goal Sheet – LCM 2024
Better Every Day!

Be certain your goals are challenging and realistic!

Name: _____ Grade In School: _____

Age: _____

Interesting Fact About Yourself: (Be Honest and Have Fun!)

Favorite Events: _____

Event	Current	Short Term Goal (By Air Cap)	Championship Goal
Mile			
800 Free			
400 Free			
200 Free			
100 Free			
50 Free			
200 IM			
400 IM			
100 Back			
200 Back			
100 Breaststroke			
200 Breaststroke			
100 Fly			
200 Fly			

What are some of your favorite sets during practice?

What kind of feedback do you like to hear before your race? After your race? What is the most effective way for a coach to show their support for you as a swimmer?

What's one major aspect of the team you would like to see change?

What's one major aspect of the team you would like to stay the same?

List at least three team goals you have for this season.

List at least three squad goals you have for this season.

List 5 ways you're going to help your team/squad achieve these goals this season.

Daily Goals: These are things you would like to improve on every day. For example “four dolphin kicks off every wall”, “be in the water on time”, “complete every set”, “encourage a teammate” are all daily goals.

1.)

2.)

3.)

4.)

Short Term Goals: These are goals you can set for the next two months, for example “drop 2 seconds in the 100 breaststroke”, “make it to every single practice this month”, “swim a race I am uncomfortable with at Oz”, are all examples of short term goals.

1.)

2.)

3.)

Long Term Goals: These are goals that you want to reach by the end of the Long Course season, for example, “qualify for Sectionals”, “make a Zones time”, “be supportive ALWAYS and help my teammates achieve their goals” are all example of long-term goals.

1.)

2.)

3.)

4.)

Dream Goals: These are the goals you DREAM about, your ultimate swimming goals! For example, “qualify for the Olympic Trials in 2028”, “compete for *fill in the blank* college team”, “Whoop Caeleb Dressel in the 50 Free” are all good Dream goals.

1.)

2.)

3.)

Explain three things you will do differently (or continue to do) in practice to help accomplish this season's goals. (May be related to attitude, attendance, effort, leadership, nutrition/hydration, etc.)

1.)

2.)

3.)

Explain three things you will do differently (or continue to do) at meets to help accomplish this season's goals. (May be related to confidence, focus, relaxation, race strategy, nutrition/hydration, pre-race rituals, etc.)

1.)

2.)

3.)

Athlete Signature _____