



Athlete Goal Sheet – Winter/Spring 2026

Name: _____

Birthday/Age: _____

Please list and describe your top 7 events:

Event:	Best Time:	Goal Time:	Rank Importance:	Why is this your goal?	Deadline for achieving this goal:
1.					
2.					
3.					
4.					
5.					
6.					
7.					

In as much detail as possible, describe the technical skills you want to improve for each stroke:

Please use back of page if needed & label

<i>Butterfly:</i>	<i>Backstroke:</i>
<i>Breaststroke:</i>	<i>Freestyle:</i>

Please rate on a scale of 1-10 (10 being the best and most positive answer)

- How much do you look forward to practice each day? _____
- How much do you get excited about upcoming swim meets? _____
- As a swimmer, how confident are you? _____
- How often do you think about swimming when you're not at swim practice? _____
- How important is being a positive teammate to you? _____
- How much thought and effort did you put into this goal sheet? _____