

## TS GOAL SETTING FORM

<b>Name</b>			
<b>Age</b>			
<b>What things do you like most about your swim team?</b>	1) 2) 3) 4)		
<b>What is your lifetime swimming Goal or Dream?</b> Examples: earn a swim scholarship; win the Olympics			
<b>What achievement would you like to attain by the end of the swim season?</b> Examples: Qualify for Sectionals, JOs Move into another group, Junior Nats			
<b>End of Season Goals (Goal Times)</b>	<b>Event</b>	<b>Current Time</b>	<b>Goal Time</b>
	25 FL/25 BA	/	/
	25BR/25 FREE	/	/
	50 FL	/	/
	50 BA	/	/
	50 BR	/	/
	50 FR	/	/
	100/200 FR	/	/
	400/800 FR	/	/
	100/200 FL	/	/
	100/200 BA	/	/
	100/200 BR	/	/
	200/400 IM	/	/
<b>What actions will you take to achieve these goals?</b>	1) 2) 3) 4)		
<b>Goal Commitment</b>			
I _____, am committed to achieving the goals I have set.			
Athlete Signature _____		Date _____	
Coaching Staff Initials _____ / _____ / _____ / _____		Date _____	