

COHO SWIM CLUB GOAL SHEET

Date: ___/___/20___

Swimmer Name: _____ **Grade:** _____ **Age:** _____

Years on team or swimming: ____ Swim Meets Attended Last Season: ____ Practice Group: _____

Season: SCY Do you have interest in college club or college NCAA Swimming: Yes or No circle on.

If yes, have you connected with a college recruiting service or are you in need of assistance with the process from your COHO and High School Coaches? Yes or No circle one.

Before you start, please answer the following questions.

If you had to pick just one thing, what do you enjoy most about swimming and why?

If you had to pick just one thing, what do you enjoy the least about swimming and why?

Goals

This is a general goals sheet to fill out each season that you are on COHO. If your goal has something to do with an improvement that relates to swimming, it's a good goal. We look forward to helping you achieve your goals and will always push you to dream and work for what you want in both swimming and life.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Event	Current Best Time	Oct.-Nov. (GOAL#1)	Dec.-Jan. (GOAL#2)	End-Feb./Taper (GOAL#3)	Long Range (GOAL#4)
50 Freestyle		G	G	G	G
100 Freestyle		G	G	G	G
200 Freestyle		G	G	G	G
500 Freestyle		G	G	G	G
1000 Freestyle		G	G	G	G
1650 Freestyle		G	G	G	G
100 Backstroke		G	G	G	G
200 Backstroke		G	G	G	G
100 Breaststroke		G	G	G	G
200 Breaststroke		G	G	G	G
100 Butterfly		G	G	G	G
200 Butterfly		G	G	G	G
200 Individual Medley		G	G	G	G
400 Individual Medley		G	G	G	G

Explanation of how to set your goals is listed below. In the columns, G=Goal.

Goal #1: What are your time goals for swim meets swam during October-November.

Goal #2: What are your time goals for swim meets swam during December-January.

Goal #3: What are your time goals for swim meets swam during February-Taper (End of season Goals).

Goal #4: What are your time goals from a long range perspective, this can be months or years ahead.

It is suggested to use the [USA Swimming National Motivational Times](#) as a progression guide when creating goals to ensure that you do not jump too far. The average improvement in a season for a senior swimmer may only be 1 or 2 steps in improvement within the range listed in the standards.

