

# CENTRAL KENTUCKY AQUATICS

## GOAL SHEET

DATE: \_\_\_\_\_ CIRCLE ONE: Short Course Long Course  
due Oct. 15th due April 15th

SWIMMER'S NAME: \_\_\_\_\_

Your Goal Sheet can be completed and turned in by October 15th (for the SCY Season) or May 1st (for the LCM Season). Upon turning the goal sheet in, a meeting will be scheduled between you and your coach to discuss your goals.

Please put forth the effort to fully complete this goal sheet. A pivotal part of progressing in athletics is setting goals and working hard to achieve them.

It may seem like you have to put a lot of effort into your goal sheet, but the first step in achieving your goals is to identify them.

- Section 1 is a review of the PAST SEASON
- Section 2 is about PROCESS GOALS  
Process goals are the things you can control (stroke technique, practice attendance, nutrition, etc)
- Section 3 is for this season; TIME-BASED GOALS
- Section 4 using the MEET SCHEDULE to plan
- Section 5 is about LONG-TERM GOALS

# SECTION 1: Review of Last Season

What positive experiences did you have from this past season? Why did you enjoy them? \_\_\_\_\_

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What could have been done to help you enjoy this past season more? \_\_\_\_\_

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In areas where you achieved your goals this past season, give some examples of what you believe helped you succeed? \_\_\_\_\_

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In areas you fell short of your goals this past season, give some examples of what you believe kept you from reaching them? \_\_\_\_\_

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## Section 2: Process/Procedure Goals

Athletes control most of their training. Athletes control their attitude, practice attendance, how much sleep they get, their nutrition, and their focus and effort at practice. When athletes apply themselves, very few things get in the way of them achieving their goals. This is one of the most important things you can learn as an athlete.

Write down stroke technique changes and focus improvements that you know you need to make for each stroke. Think with a top/down focus.

1. Butterfly: \_\_\_\_\_

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2. Backstroke: \_\_\_\_\_

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3. Breaststroke: \_\_\_\_\_

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4. Freestyle: \_\_\_\_\_

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5. I.M.: \_\_\_\_\_

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How often do you intend to attend practices? What factors would keep you from attending practice? \_\_\_\_\_

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What will you be doing to properly fuel your body this season? \_\_\_\_\_

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\_\_\_\_\_

What other priorities and goals do you have outside of swimming this season? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How do you plan to manage your time amongst these priorities? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Will you be able to get enough sleep each night to help your body recover after practice? How much sleep is enough? \_\_\_\_\_

\_\_\_\_\_

What affects your mindset in practices and meets? How can you control this so that it positively affects you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What type of effort will you put into each practice? What factors affect your effort in practices?

\_\_\_\_\_

\_\_\_\_\_

What do you need from your coaches in order to achieve your goals? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Section 3: Seasonal Goal Times

Current Best Times and Seasonal Goal Times should be placed in the table below. Use the split columns to figure out how fast you need to be during your races to attain your goal times. If you do not have a current best time or goal time for an event, then leave that space blank and it will be discussed at the meeting with your coach.

Event	Best Time	Goal Time	1st Split	2nd Split	3rd Split	4th Split
50 Freestyle						
100 Freestyle						
200 Freestyle						
400/500 Freestyle						
800/1000 Freestyle						
1500/1650 Freestyle						
50 Backstroke						
100 Backstroke						
200 Backstroke						
50 Breaststroke						
100 Breaststroke						
200 Breaststroke						
50 Butterfly						
100 Butterfly						
200 Butterfly						
*** 100 I.M. ***						
200 I.M.						
400 I.M.						

\*\*\* means that event is not available in the LCM Season

If there are any time standards attached to your goals for particular event(s) then please list those events and standards below. (Standards include meet qualification times, team records, USA Age Group Time Standards, etc.)

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## SECTION 4: Meet Schedule

Sit down with your family and figure out which meets you will be able to compete in this season. Next to each meet below: Circle "Y" for attending, "N" for not attending or leave blank if unsure.

For each meet you plan to attend, write the 3 most important events to you for that meet?

<b>Y N</b>	<b>10/13/23</b> Event #1:	<b>2023 SCY, Central Kentucky Invitational</b> Event #2:	<b>Event #3:</b>	Notes: <b>CKA HOSTED MEET</b> Russell Springs, KY
<b>Y N</b>	<b>11/03/23</b> Event #1:	<b>2023 SCY, KYA Autumn Classic</b> Event #2:	<b>Event #3:</b>	Notes: Lexington, KY
<b>Y N</b>	<b>12/01/23</b> Event #1:	<b>2023 SCY, ENSW Holiday Classic</b> Event #2:	<b>Event #3:</b>	Notes: Nashville, TN
<b>Y N</b>	<b>12/06/23</b> Event #1:	<b>2023 SCY, Speedo Winter Jr. Nationals</b> Event #2:	<b>Event #3:</b>	Notes: Qualifying Times Columbus, OH
<b>Y N</b>	<b>12/09/23</b> Event #1:	<b>2023 SCY, CKA Record Breaker</b> Event #2:	<b>Event #3:</b>	Notes: <b>CKA HOSTED MEET</b> Danville, KY
<b>Y N</b>	<b>01/06/24</b> Event #1:	<b>2024 SCY, Mid-States All-Star Champs</b> Event #2:	<b>Event #3:</b>	Notes: KY-LSC Team Meet Indianapolis, IN
<b>Y N</b>	<b>01/12/24</b> Event #1:	<b>2024 SCY, Carmel Swim Club Invite</b> Event #2:	<b>Event #3:</b>	Notes: Qualifying Times Indianapolis, IN
<b>Y N</b>	<b>01/12/24</b> Event #1:	<b>2024 SCY, FAST Mudsock Classic</b> Event #2:	<b>Event #3:</b>	Notes: Indianapolis, IN
<b>Y N</b>	<b>01/28/24</b> Event #1:	<b>2024 SCY, Triton Super Sprint</b> Event #2:	<b>Event #3:</b>	Notes: Louisville, KY
<b>Y N</b>	<b>02/23/24</b> Event #1:	<b>2024 SCY, CKA Cumberland Classic</b> Event #2:	<b>Event #3:</b>	Notes: <b>CKA HOSTED MEET</b> Russell Springs, KY
<b>Y N</b>	<b>03/07/24</b> Event #1:	<b>2024 SCY, ESSZ Speedo Sectionals</b> Event #2:	<b>Event #3:</b>	Notes: Qualifying Times Greensboro, NC
<b>Y N</b>	<b>03/08/24</b> Event #1:	<b>2024 SCY, KY-LSC 12&amp;U Championships</b> Event #2:	<b>Event #3:</b>	Notes: Qualifying Times Louisville, KY
<b>Y N</b>	<b>03/14/24</b> Event #1:	<b>2024 SCY, ESSZ Age Group Sectionals</b> Event #2:	<b>Event #3:</b>	Notes: Qualifying Times Greensboro, NC
<b>Y N</b>	<b>03/22/24</b> Event #1:	<b>2024 SCY, KY-LSC 13&amp;O Championships</b> Event #2:	<b>Event #3:</b>	Notes: Qualifying Times Louisville, KY

## SECTION 5: Long-Term Goals

If any, what level of competition would you like our program to help you reach in the next 2 years (this is not limited to meets or events offered only through USA Swimming)? \_\_\_\_\_

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What do athletes who have achieved the level of competition you're reaching for do well that that you also do well? \_\_\_\_\_

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What do athletes who have achieved the level of competition you're reaching for do well that that you know you need to improve on? \_\_\_\_\_

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What are some other activities that you like to do outside of swimming? Do you compete in another sport? Do you play an instrument? Are you in any clubs at school? \_\_\_\_\_

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Do you have goals for those activities? What are they? \_\_\_\_\_

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If there are any questions you'd like to ask/answer that are not on this goal sheet, or if you ran out of space while answering any of the questions then feel free to use another page or more to complete your goal sheet.

**Athlete Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Coach Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_