

2022-2023 Winter Goal Sheet (Fillable)

Name: _____

Age as of Season Championship Meet: _____

Task Goals

Event	Personnel Best	Time Standard (TS)	Season Goal Time	Season Goal TS/ Meet	Long Term Goal	Long Term TS/Meet
EX: W 100 Back	1:13.59	AA	1:12.69	AAA / Zones	1:07.89	Jr. Nationals

Rate the Following 1 = Poor 2 = Satisfied 3 = Good 4 = Great 5 = Excellent

1. How would rate your over performances last season: 1
2. How would you rate your average workout effort: 1
3. How would you rate your attitude at competitions: 1
4. How would you rate your attitude during workouts: 1
5. How would you rate your ability to work with your teammates? 1

One or two things you were most proud of this past Year:

What championship meet (s) will you be competing in this season?

What meets are you trying to qualify for?

What are your long-term goals for you as a swimmer and individual?

What are your short-term goals for the upcoming season to get closer toward your long-term goals?

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S.W.O.C

Strengths ~ what are your strongest qualities helping reach your goals?

1. _____
2. _____
3. _____

Weaknesses ~ what are your weaknesses?

1. _____
2. _____
3. _____

Obstacles ~ what stands in the way of reaching your goals?

1. _____
2. _____
3. _____

Challenge ~ what ways will challenge you to be successful?

1. _____
2. _____
3. _____

**MOTIVATION is what gets you started
HABIT is what keeps you going.**

**FOCUS on your goal.
Don't look in any direction but ahead.**

**COURAGE
is one step ahead of fear**

**I find that the harder I work,
the more luck I seem have**

**SUCCESS
Is the sum of small
efforts repeated
day-in and day-out**