



Goal Sheet

Primary Stroke

Secondary Stroke

Tertiary Stroke

[Insert Event Here]

[Insert Event Here]

[Insert Event Here]

What milestone/standard do you want to achieve by the end of this season?

Milestone(s) to Achieve:

Milestone(s) to Achieve:

Milestone(s) to Achieve:

In this event, What is the expected end of season time needed to achieve this goal?

Inseason time:

End of Season Time:

Inseason time:

End of Season Time:

Inseason time:

End of Season Time:

In this event, what changes to stroke does the swimmer need to make?

Stroke Mechanic Changes/Strategies
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Stroke Mechanic Changes/Strategies
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Stroke Mechanic Changes/Strategies
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In this event, what changes to physical training does the swimmer need to make?

Physical Training Changes/Strategies

Physical Training Changes/Strategies
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Physical Training Changes/Strategies
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In this event, what changes to mental training does the swimmer need to make?

Mental Preparation Changes/Strategies
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Mental Preparation Changes/Strategies
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Mental Preparation Changes/Strategies
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Are you willing to make these changes & commit to this process?

What ways can I best inspire you?

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3 Non Swimming Related Goals for this Season

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Long Term/Senior Year Swimming Goals

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If no, reevaluate and identify a more realistic milestone/standard

If yes...

Let's Get To Work!