

GOAL SHEET TRACKER

WAHOOS OF JACKSONVILLE

Power - Love - Discipline

WHEN IT COMES TO TRAINING, DISCIPLINE IS CRUCIAL FOR ACHIEVING YOUR SWIMMING GOALS.
HERE ARE FIVE TIPS TO HELP YOU STAY DISCIPLINED DURING YOUR TRAINING:

Name: _____



1. **Set specific goals:** Having a clear idea of what you want to achieve from your training can help you stay focused and motivated. Set specific goals that are achievable and measurable.
2. **Create a schedule:** Plan your training sessions in advance and create a schedule that works. Stick to your schedule, but be flexible enough to make adjustments when necessary.
3. **Find a workout buddy:** Having a workout partner can help keep you accountable and motivated. Find someone who shares your swimming goals and make a commitment to train together regularly.
4. **Track your progress:** Keep a record of your workouts and track your progress over time. Celebrate your achievements and use them as motivation to keep going.
5. **Stay positive:** Maintaining a positive attitude can make a big difference in your ability to stay disciplined. Surround yourself with positive influences and focus on the progress you're making, rather than any setbacks or challenges along the way.

REMEMBER, STAYING DISCIPLINED DURING TRAINING TAKES TIME AND EFFORT, BUT THE RESULTS ARE WORTH IT. KEEP THESE TIPS IN MIND AND STAY FOCUSED ON YOUR GOALS FOR THE BEST POSSIBLE OUTCOME.

Season Goal Times

Let's pick some goals that will help you stay on track for the season.

- Pick 4 - 5 events that you want to improve
- **For Reference:** 1 second for 50's, 2-3 seconds for 100's, 4-5 seconds for 200's and 10+ seconds for 500+ yards.
- Fill in the blanks
- Add your possible splits



EVENT	CURRENT BEST TIME	GOAL TIME	SPLITS



Technique Goals

Technique is something that we all need to improve no matter how experienced we are so pick 4 things to improve. Some examples are: Underwaters, pull, kick, streamline, turns, starts, distance per stroke, and more. You should talk to your coach for this area since the coaches know what areas to work.

1.

2.

3.

4.



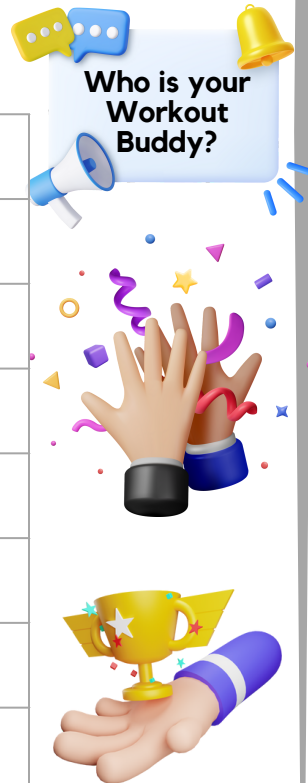
Attendance Tracker

ATTENDING PRACTICE ON A REGULAR BASIS IS IMPORTANT BECAUSE IT ALLOWS YOU TO:

- **DEVELOP** THE MUSCLE MEMORY NECESSARY TO BECOME A PROFICIENT SWIMMER.
- **LEARN** AND REINFORCE PROPER TECHNIQUE, WHICH WILL HELP YOU SWIM MORE EFFICIENTLY.
- **BUILD** ENDURANCE AND STAMINA.
- **ADAPT** TO THE DEMANDS OF THE SPORT, ALLOWING YOU TO SWIM FOR LONGER PERIODS OF TIME WITHOUT FEELING FATIGUED.
- **SHOW** YOUR DEDICATION TO THE SPORT. COACHES AND TEAMMATES APPRECIATE SWIMMERS WHO SHOW UP REGULARLY AND PUT IN THE EFFORT TO IMPROVE.
- **DEMONSTRATE** YOUR COMMITMENT TO THE TEAM AND YOUR DESIRE TO ACHIEVE YOUR GOALS.

FILL OUT EACH SQUARE WHEN YOU ATTEND PRACTICE

WK	M	T	W	R	F	S	S



Note To Future Self

IT IS INEVITABLE THAT THERE WILL BE DAYS THAT WE ARE GOING TO FEEL UNMOTIVATED TO GO TO PRACTICE OR TO HAVE A GOOD ATTITUDE DURING PRACTICE. SO LET'S WRITE A LETTER TO YOUR FUTURE SELF. THINK ABOUT YOUR LONG-TERM GOALS, THE FEELING OF A GREAT RACE , AND HOW YOU FELT WHEN YOU DROP TIME.

Lined area for writing a letter to future self.