

Advanced Guide to Swimming Goal Setting

Event: -----

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

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

Answer:

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

Answer:

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

Answer:

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

Answer:

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

Answer:

Are you willing to make these changes & commit to this process?

If yes...

Let's Get To Work!

Key
Follow the Flow Chart,
record answers on the right

Gold Boxes - Swimmer leads discussion/answers question

Purple Boxes - Coach leads discussion/answers question