



## Swimmer Goal Sheet: 2020-21

Stuttgart  
Piranhas

Name: \_\_\_\_\_ Date: \_\_\_\_\_

What is your biggest goal for the year? \_\_\_\_\_

What was your biggest highlight from last season? \_\_\_\_\_

What is your favorite event? \_\_\_\_\_

What was your favorite and least favorite set we've done recently? Why?  
\_\_\_\_\_

What is a SMART goal? Specific, have a narrow goal that you can describe in one sentence. Try not generalize. Measurable, the goal should have some sort of metrics so you can measure improvement. Attainable, have a reasonable goal that you can achieve in the time period allowed. Relevant, consider which goals you are passionate about and inspire you. Time-based, give yourself a deadline to complete the goal, as well as a timeline to complete each task goal.

BEST TIMES & GOALS	SCM PB	LCM PB	SEASON PB	GOAL
50 FR				
100 FR				
200 FR				
400 FR				
800 FR				
1500 FR				
100 FLY				
100 BK				
100 BR				
200 IM				
400 IM				

### Long Term Goals

1.

Task goal: \_\_\_\_\_  
Task goal: \_\_\_\_\_

2.

Task goal: \_\_\_\_\_  
Task goal: \_\_\_\_\_



## Swimmer Goal Sheet: 2020-21

**Stuttgart  
Piranhas**

3.

Task goal:

Task goal:

### Short Term Goals

1.

Task goal:

Task goal:

2.

Task goal:

Task goal:

3.

Task goal:

Task goal:

4.

Task goal:

Task goal:

5.

Task goal:

Task goal:

Some questions to ask yourself as you reflect: Did you meet your goals last season? Why or why not?  
What allowed you/prevented you from being successful? Are you sleeping enough? Eating healthy?  
Managing stress levels? Do you have a study plan for the year?

What is your biggest strength in the pool? What is your biggest weakness?

---

What obstacles can you predict may get in the way of you accomplishing your goals?

---

What do you need from your coach to meet your goals? Do you have any questions?

---

Do you want to go to college? If so, what are your top 3 schools? Do you want to swim in college?

---

Test set goals	6x25 UW	5x50 FR	5x50 non FR	6x100
Best interval				