



Goal Setting
Sept 24, 2025

Goal Setting for Swimmers and Parents

[Goal Setting Video](#)

Swim Swam Article

<https://swimswam.com/goal-setting-for-swimmers/>

Season Overview-Season Planning

Cycles-built based on meets

Typically 3-4 week cycles

Three major cycles

November/Spring/End of Summer

December/Spring/End of Summer

Swim Focus/Volume/Skills/Weekly Topic/Drills

A-Adapt versus Compromise

B-Motivation versus Discipline

Stroke Improvement

Knowing what correct stroke is

Practice

Drills

Individual? Small group work-reminders-sharpen the sword

Individual Sessions

1-Goals

Short and Long Term-including college

2-In Water Technique

3-Video Analysis

Meets-Racing

Block Parties

Open Meets

Meets-Meets-Performance

PASA/Folsom

Small rest

Texas/DART

Full rest

Tools Throughout the Season

1-Workouts

Have a consistent workout schedule
Drills-be deliberate
Volume and level of training
Technical work/skills
Test Sets

2-Dryland

Attend dryland. Implement bands on a daily basis

3-Education

October	Nutrition	Classroom
October	College Swimming	ZOOM
November	Performance	Classroom
Article and Videos	Sent and posted	

4-Video Work

On site
Meet analysis

5-Individual Sessions

Sign up for sessions

6-Support System

Staff-coaches
Parents
Group and Team
Volunteers

Set Goals-Goal Sheets

Parents/Swimmers-fill out no later than October 1.
Coaches to review and give feedback to swimmers and parents.
Follow up meeting with parents and swimmers-January

[Swimmer Goal Sheet](#)

[Parent Goal Sheet](#)