



# 2023/2024 Swim Goals

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Goal Start Date: \_\_\_\_\_

Goal End Date: \_\_\_\_\_

What would you like to accomplish this year: \_\_\_\_\_

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How are you going to attain your goals this year? \_\_\_\_\_

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What is your favorite swim stroke(s)? \_\_\_\_\_

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What swim stroke(s) are you best at? \_\_\_\_\_

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What do you like better: short or long course? And why? \_\_\_\_\_

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What would you like to learn this year? \_\_\_\_\_

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What is your favorite workout at practice? \_\_\_\_\_

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## Goal Chart:

| <u>Events:</u> | <u>Current SC Time:</u> | <u>Current LC Time:</u> | <u>Goal Time:</u> |
|----------------|-------------------------|-------------------------|-------------------|
| 25 Free        |                         |                         |                   |
| 50 Free        |                         |                         |                   |
| 100 Free       |                         |                         |                   |
| 200 Free       |                         |                         |                   |
| 500 Free       |                         |                         |                   |
| 1650 Free      |                         |                         |                   |
| 25 Back        |                         |                         |                   |
| 50 Back        |                         |                         |                   |
| 100 Back       |                         |                         |                   |
| 200 Back       |                         |                         |                   |
| 25 Breast      |                         |                         |                   |
| 50 Breast      |                         |                         |                   |
| 100 Breast     |                         |                         |                   |
| 200 Breast     |                         |                         |                   |
| 25 Fly         |                         |                         |                   |
| 50 Fly         |                         |                         |                   |
| 100 Fly        |                         |                         |                   |
| 200 Fly        |                         |                         |                   |
| 100 IM         |                         |                         |                   |
| 200 IM         |                         |                         |                   |
| 400 IM         |                         |                         |                   |

| <u>Meet Name →</u> |                      |                      |                      |                      |                      |
|--------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| <u>Events:</u>     | <u>Meet 1 Times:</u> | <u>Meet 2 Times:</u> | <u>Meet 3 Times:</u> | <u>Meet 4 Times:</u> | <u>Meet 5 Times:</u> |
| 25 Free            |                      |                      |                      |                      |                      |
| 50 Free            |                      |                      |                      |                      |                      |
| 100 Free           |                      |                      |                      |                      |                      |
| 200 Free           |                      |                      |                      |                      |                      |
| 500 Free           |                      |                      |                      |                      |                      |
| 1650 Free          |                      |                      |                      |                      |                      |
| 25 Back            |                      |                      |                      |                      |                      |
| 50 Back            |                      |                      |                      |                      |                      |
| 100 Back           |                      |                      |                      |                      |                      |
| 200 Back           |                      |                      |                      |                      |                      |
| 25 Breast          |                      |                      |                      |                      |                      |
| 50 Breast          |                      |                      |                      |                      |                      |
| 100 Breast         |                      |                      |                      |                      |                      |
| 200 Breast         |                      |                      |                      |                      |                      |
| 25 Fly             |                      |                      |                      |                      |                      |
| 50 Fly             |                      |                      |                      |                      |                      |
| 100 Fly            |                      |                      |                      |                      |                      |
| 200 Fly            |                      |                      |                      |                      |                      |
| 100 IM             |                      |                      |                      |                      |                      |
| 200 IM             |                      |                      |                      |                      |                      |
| 400 IM             |                      |                      |                      |                      |                      |