

## WLOO GOAL SHEET



Name \_\_\_\_\_

Did you achieve your goals for the last year \_\_\_\_\_

Where did you improve the MOST \_\_\_\_\_ LEAST \_\_\_\_\_

### Race Goals

EVENT	CURRENT TIME	GOAL TIME	Halfway Split

### How will you get there...

# of Waterloo practices per week: \_\_\_\_\_

Practice Goals (describe how you will approach each swim practice)

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**Kick Set Goals** (insert interval based on 25 yard pool)

20x50 @ \_\_\_\_\_ current \_\_\_\_\_ goal      10x100 @ \_\_\_\_\_ current \_\_\_\_\_ goal

**Test Set Goals** (insert interval based on 25 yard pool)

Current Best Interval 6x100 = \_\_\_\_\_; 6x100 interval in 6 months = \_\_\_\_\_

**Beyond swim practice** (describe any additional goals / exercise you plan to do besides with Waterloo)

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**Feedback on practice:** describe what you like...and...if you were the coach what you would change in practice

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