

Goal Sheet: Long Course Season 2025

My top 3 goals this season are (not time-based):

1.

2.

3.

My goal times for the end of the season are:

EVENT:

GOAL TIME:

CURRENT TIME:

My end-of-season goal Championship Meet is (last meet of the season):

1.

I will hold myself accountable in the process of accomplishing these goals in the following ways:

1.

2.

3.

The one thing I wish had gone differently last season is/was:

1.

What will I do to contribute to the season themes? Ex: "Encourage", etc
1.

Athlete's Signature

Athlete Printed Name