

# SWIMMER GOAL SHEET



This goal sheet is intended to help the coaching staff better address your specific training goals at practice. Goals can be specific (*I want to drop 3 seconds off my 100 free*) or general (*I would like to improve my fliptums*). If you would like guidance or suggestions, please bring this form to practice and fill out with the coach in person.

NAME \_\_\_\_\_

DATE \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

MY COACH CAN IDENTIFY ME AT PRACTICE BECAUSE: *(Please list what lane you swim in, who you swim next to, the color cap/bathing suit you wear, etc)*

I USUALLY ATTEND THE FOLLOWING PRACTICE TIMES:

Weekday Mornings      Weekday Evenings      Saturday

I'M FOCUSED ON IMPROVING *(select all that apply)*:

My Fitness      My Technique      My Speed

I'M INTERESTED IN THE FOLLOWING TYPES OF COMPETITIONS *(select all that apply)*:

Local Masters Meets      Nationals      Triathlons      Open Water

GOAL *(Please list at least three)*

1.

2.

3.

4.

5.

TARGET DATE *(if applicable)*

Please print out a completed form and bring it to practice and discuss your goals with the coach.

COACHES NOTES