



**Age Group Silver: Swimmer Goal Sheet
Short Course Season 2023**

Name: _____ Swimmer Email: _____ Date: _____

Every time you think "I would like to..." you are setting a goal. That goal might be something like finishing your homework in time to hang out with friends, saving up your allowance to buy a new computer, learning to play a song on the guitar, or getting an A on a school test.

Strengths in Training (List 3)	Weaknesses in Training (List 3)
1.	1.
2.	2.
3.	3.

Strengths in Competition (List 3)	Weaknesses in Competition (List 3)
1.	1.
2.	2.
3.	3.

Why do you swim? What motivates you to show up to practice?

Who do you most like to race in practice (List several swimmers in the group) and how does racing these teammates make you better?

What are your favorite parts about swimming with the team?

Write about yourself outside of the pool (other activities, goals, etc). What is one thing you would like me to know about you that I may not already know?



Goal Times

Use current racing and practice times to outline season and long-term goals. Goals should be both challenging and achievable. Reference time standards and meet qualifying standards.

USA Motivational Standards USA Swimming Top Times	Team Top 10 Lists	Pacific Swimming Top Times AGC / FW Time Standards
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Short term = this season, Long term = 2-3 years from now

Event	Best Short Course Time	Best Long Course Time	Short Term Goal - Short Course (This Year)	Long Term Goal - Short Course (2-3 Years)
50 freestyle				
100 freestyle				
200 freestyle				
400 / 500 freestyle				
50 backstroke				
100 backstroke				
50 breaststroke				
100 breaststroke				
50 butterfly				
100 butterfly				
100 IM				
200 IM				

SETTING GOALS IS THE FIRST STEP IN TURNING THE INVISIBLE INTO THE VISIBLE.

-Tony Robbins-