



Discovery 3: 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.

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 Team Top 10 Lists Pacific 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	Short Term Goal - Short Course (This Year)	Long Term Goal - Short Course (2-3 Years)
50 freestyle			
100 freestyle			
200 freestyle			
400 / 500 freestyle			
800 / 1000 freestyle			
1500 / 1650 freestyle			
50 backstroke			
100 backstroke			
200 backstroke			
50 breaststroke			
100 breaststroke			
200 breaststroke			
50 butterfly			
100 butterfly			
200 butterfly			
100 IM			
200 IM			
400 IM			

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

-Tony Robbins-