



**Senior Prep: 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 Team Top 10 Lists Pacific Swimming Top Times	USA Swimming Top Times AGC / FW Time Standards Sectional Time Standards	Futures Time Standards Junior Nationals Standards Olympic Trials 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				
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				



Goal Setting

For each of the following three categories (short, medium, and long term) list several personal goals. This can include any of the following -

- Practice / Process Goals (examples "5 kicks every wall" or "breathing 1 down 1 up in fly")
- Performance / Time Goals (examples: "New AA Time in the 50 fly" or "Make my first Far Western qualifying time")
- Team / Character Goals (examples: "Bring a positive attitude to every training session" or "Closely follow coach feedback and focus on my technical skills")

Short Term (This Season)	
Mid Term (1 year from now)	
Longterm ("Swimming life goal")	

What is the highest level meet you would like to qualify for in your swimming career? What will you need to do to reach this meet?

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

-Tony Robbins-