



**Age Group 2: Swimmer Goal Sheet
Short Course Season 2023**

Name: _____ Swimmer Email: _____ Date: _____

“Setting goals is the first step in turning the invisible into the visible.”

-Tony Robbins

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

What do you like about swimming? What are your favorite things about 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?

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				

“Winning doesn’t always mean being first. Winning means you’re doing better than you’ve done before.”

– Bonnie Blair