

Goal Setting

2007/08 season

Name _____

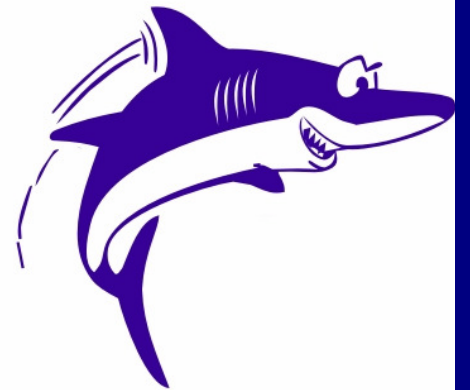
Age _____

Squad:

Junior

Intermediate

Senior



My goal for this swimming season /

The reason I swim with a Club:

- (a) Meet new friends
- (b) Be part of a club
- (c) Improve my fitness
- (d) Improve my stroke technique

Advanced Goals:

(e) Make Country Championship Team

- Relay
- Individual

(f) Make times for State Level Meets

(g) Make times for State Team

(i) Make times for National Team

(h) Other

reason _____

What I am going to do to achieve my goals:

The commitment I am going to make to pool training sessions:

The commitment I am going to make to
Cross training /
Dry-Land training:

How I am going to assess my progress:

- Record my PB times for each stroke
- Record my times for each stroke after each training session
- Record my start time
- Record my turn time in each stroke
- Chart my goal times and date my progress

• Other assessment

tool:_____

Comments: _____

Date _____

Signed (Swimmer)

Signed (Parent/ Guardian)

Coach _____

Evaluation of Goals

Date for first evaluation:

Comment _____

Have I achieved my
goals? _____

What can I change to achieve my
goals?

Signed _____

Head Coach _____

New Goals

New training strategies

Evaluation
