



## GOALS AND EXPECTATIONS

Name (Given & Surname): \_\_\_\_\_

Gender: Female \_\_\_ Male \_\_\_ Age: \_\_\_ Years in Competitive Swimming: \_\_\_

Previous Team & Coach:

\_\_\_\_\_

What things do you like most about swim club or swimming?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lifetime Skills:

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lifetime Swimming Goals/Dream:

\_\_\_\_\_

\_\_\_\_\_

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**Focus Events:**

**End of Year Goals: (Goal Times)**

**Event**                      **Goal Time SCM / Goal Time LCM**

**Event**                      **Goal Time SCM / Goal Time LCM**

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**Focus Events: (Achievements)**

**Event**                      **Goal Time SCM / Goal Time LCM**

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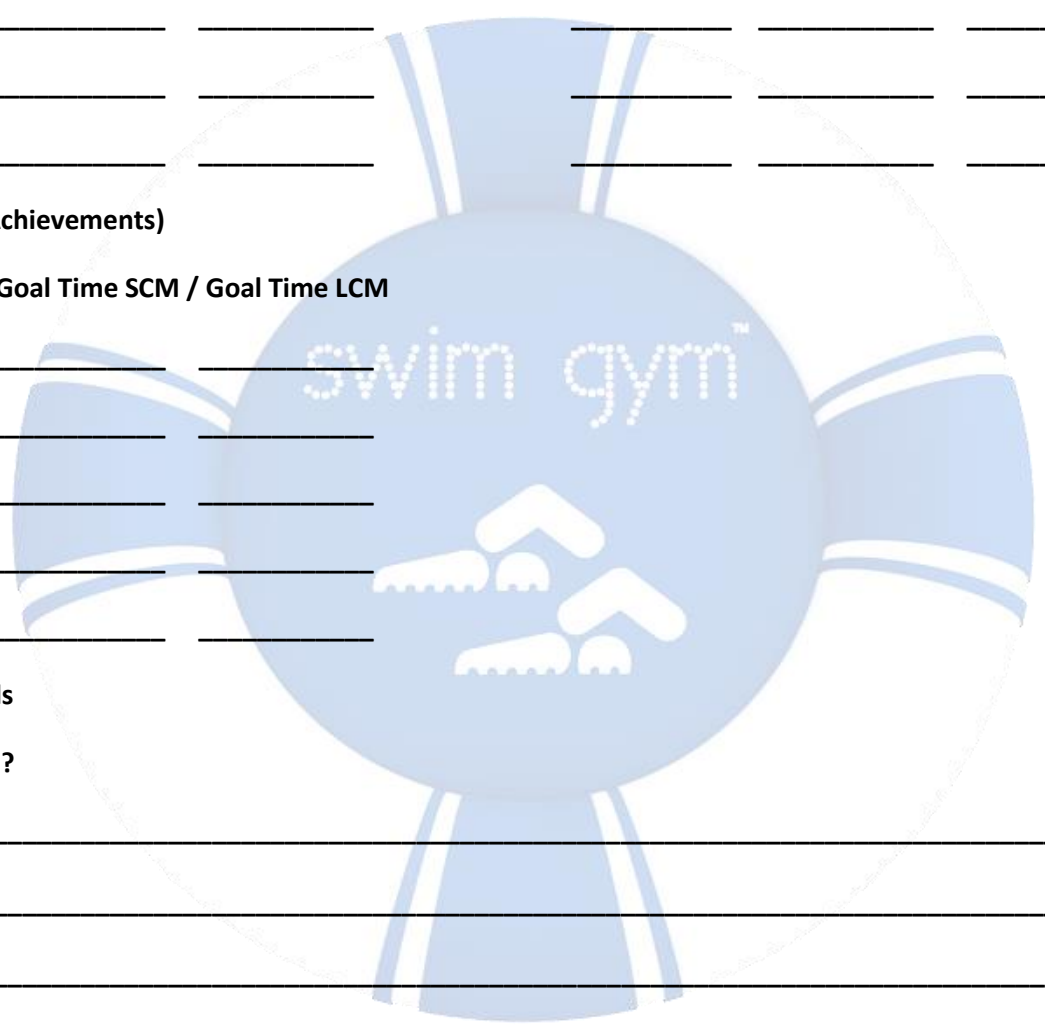
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**Short Term Goals**

**What is the goal?**

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**How will the goal be achieved? (What action will you take?)**

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**Career or Life Goals/Dream**

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**List all other extracurricular activities you will be regularly participating in during the season:**

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**What can your Coach do to help you achieve your goals and to swim fast as you want to?**

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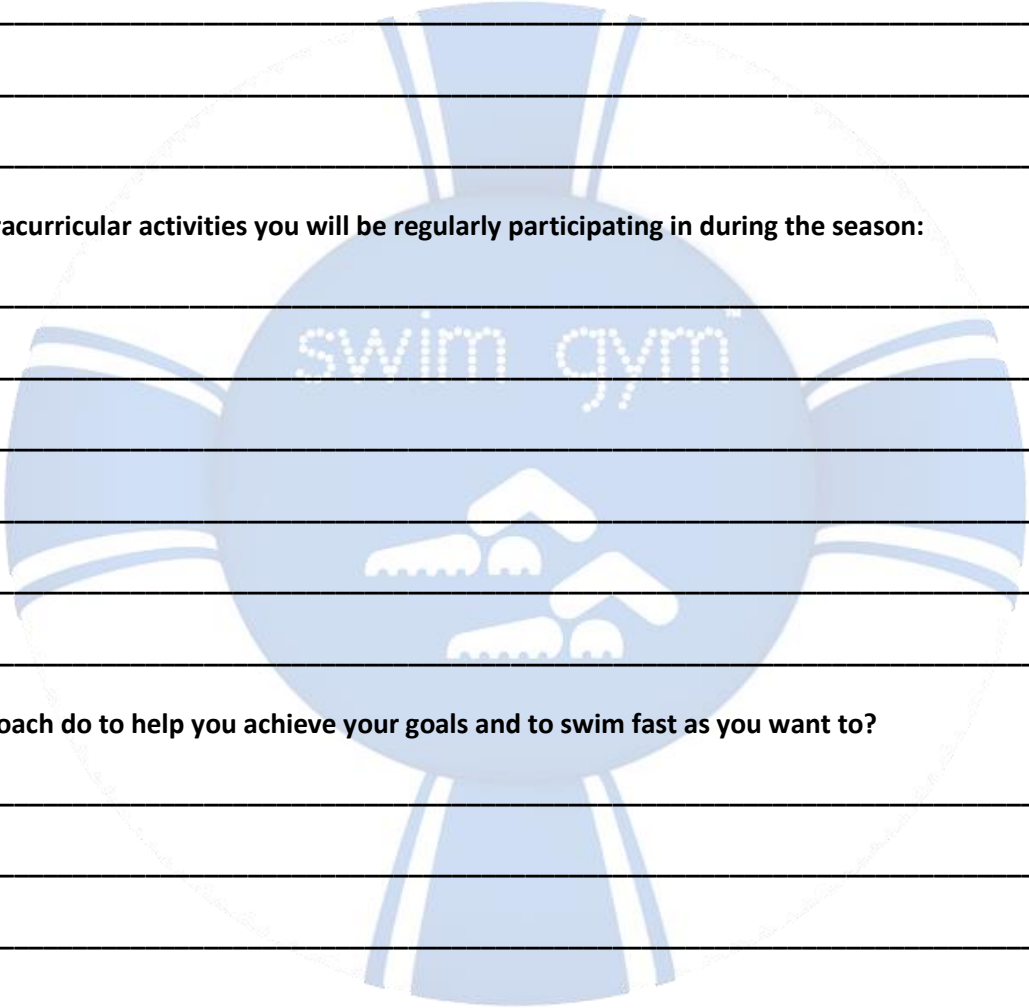
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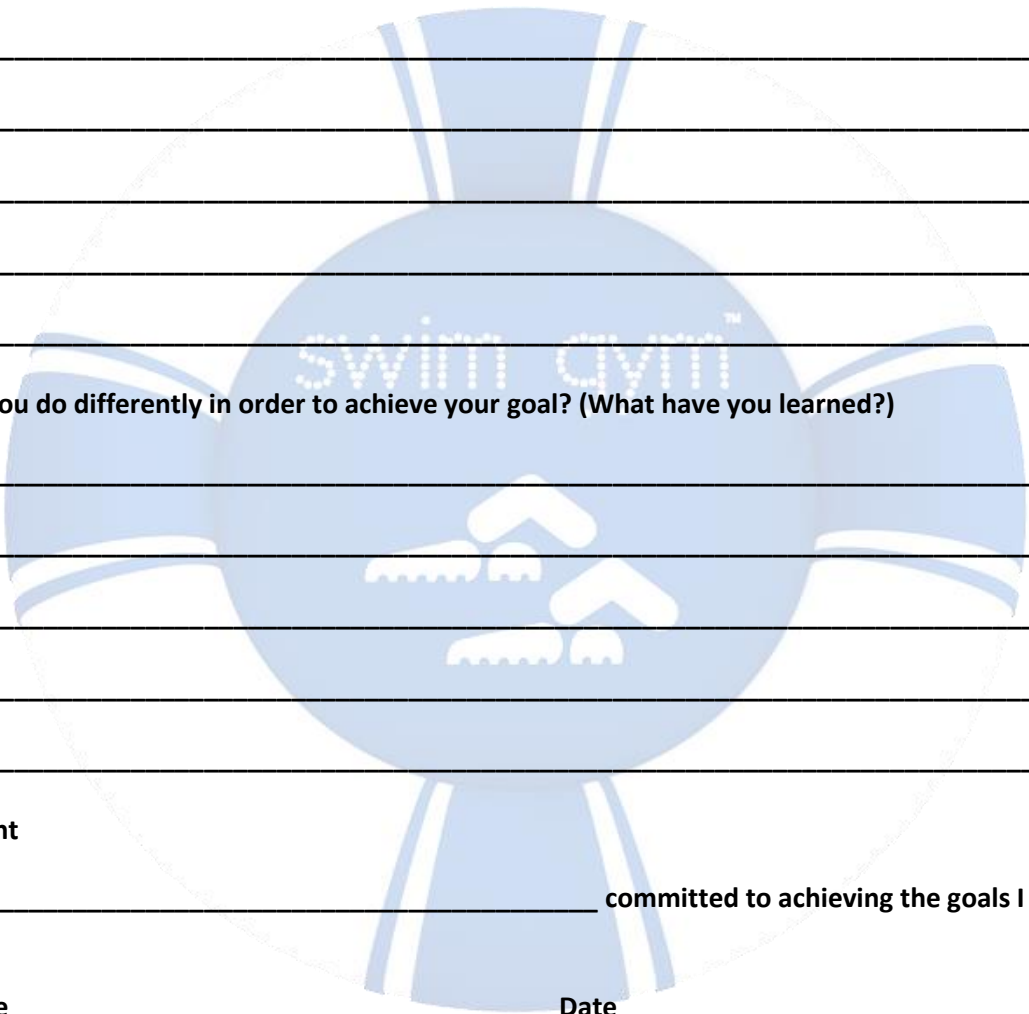
**Goal Review:**

It is possible for some of you, when setting up your goals, not to know our life time best performances in the events that you will swim this year, especially if your first year, however, you must have an idea of which your best events are. If you still do not know, get advice from your coaches. It is important to have specific goals in order to know where you are going, what it will take to get there, and to make sure that is a realistic attainable objective. Select 2 or 3 events from the high-school order of events to set goal for.

1. At the end of the season, SCM & LCM, highlight all the goals you have achieved.

2. If any goal(s) were not achieved, using the space below answer the following questions:

A) Why was the goal not achieved?



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B) What would you do differently in order to achieve your goal? (What have you learned?)

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**Goal Commitment**

I \_\_\_\_\_ committed to achieving the goals I have established

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

I \_\_\_\_\_ committed to helping (your name) achieve his/her goals.

Coach Signature \_\_\_\_\_ Date \_\_\_\_\_