



SWIMMER NAME: \_\_\_\_\_

COACH: \_\_\_\_\_

DUE DATE: \_\_\_\_\_

## SHORT COURSE GOAL SHEET

This year's goal sheet comes with a few more expectations. This **MUST** be completed and turned in by **THE GIVEN DUE DATE**. The goal sheet **MUST** be signed by both the swimmer and a parent or guardian.

Please put forth the effort to **fully complete** this goal sheet. A pivotal part of swimming at the top level is setting realistic goals and working hard to achieve them. Yes this may seem like you have to put a lot of effort into this goal sheet, but the first step in achieving your goals is to **identify them**. Attached to this packet are articles regarding the importance of practice attendance and goal setting.

### **SECTION 1** TIME & OUTCOME GOALS

**SECTION 2** PROCESS GOALS. This is *extremely* important! Process Goals are the things you can control (stroke technique, practice attendance, nutrition, etc).

**SECTION 3** REVIEW LAST YEAR'S GOALS. If you did not keep a copy of your goal sheet from last season, see Coach Eddie long before the deadline for this one.

**SECTION 4** LONG-TERM GOALS (*both process and outcome*)

# SHORT COURSE GOAL SHEET

## SECTION 1: TIME & OUTCOME GOALS

Write down your goals for this coming season including qualifying cuts.

EVENT	CURRENT BEST TIME	GOAL <i>Nov. Travel Meet</i>	GOAL <i>Jan. Travel Meet</i>	GOAL <i>JO/HS Sections</i>

Write down your goals for this short course season.

*(ie: perfect my turns, swim the 500 freestyle, medal at JO's, make finals at a trials & finals meet, make the Zones Team)*

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## SECTION 2: PROCESS GOALS

Athletes control at least 80% of their training. You are in control of your attitude, practice attendance, how much sleep you get, your nutrition, and your focus and effort at practice. This is one of the single most important things I can stress this season!!!

**FOCUS POINTS** (*Stroke technique changes or improvements for each stroke*)

1. Freestyle
  
  
  
  
  
  
  
  
  
  
2. Backstroke
  
  
  
  
  
  
  
  
  
  
3. Breaststroke
  
  
  
  
  
  
  
  
  
  
4. Butterfly
  
  
  
  
  
  
  
  
  
  
5. Individual Medley

How many practices will you attend?  
(*Senior team swimmers are expected at ALL practices unless prior notice is given.*)

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What will you be doing to properly fuel your body this season?

How are you planning to manage your time this season?

School projects and tests will be happening in the middles of the swim season, , how do you plan on balancing your studies and your swim training?

How do you plan on organizing your time so that all your homework is completed while attending all your practices?

*HOMEWORK hours*

*SWIM hours*

What time do you plan to go to sleep each day so you can get at least 8 hours of sleep a night?

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Will you be missing practice as a result of going on vacation? If so, are you planning on attending practice sessions while you are traveling?

How will you control your attitude and mindset so that it positively affects practices and meets?

What type of effort will you be putting forward daily at practice?

Will you be 100 % focused each day?

What do you need from your coach in order to achieve your goals?

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## **SECTION 3:** REVIEWING **LAST YEAR'S** SHORT COURSE GOALS

Your practice attendance from last September - March. What percentage of practices did you attend? (*Practice attendance is one of the most important factors in training. "To achieve great things, first show up every day!"*)

Do you believe that your practice attendance positively or negatively affected your performance last season?

Did you achieve your goals for last season?

If you did achieve your goals, what are the reasons you believe made you succeed?

If you did not achieve your goals, what are the reasons that made you fall short?

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## **SECTION 4:** LONG-TERM GOALS (*both process and outcome*)

Do you want to swim in college? If so what type of school are you most interested in? (DI, DII, DIII, NJCAA?)

What are your top three college choices?

1.

2.

3.

Please add any additional long-term goals you are working toward. (*use more paper if needed*)

**SWIMMER SIGNATURE:** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_