

## Goal Worksheet Fall 2020

Name: \_\_\_\_\_

Goal setting is vital for long-term improvement, so be specific and remember that these are YOUR GOALS! Don't write down what you think the coaches or your parents want to hear. This is a unique year and swim season, so this goal sheet is a little different than in previous seasons.

What are the two areas you would most like to improve on over the next 6 months?

1. \_\_\_\_\_

2. \_\_\_\_\_

How many swim practices per week are you planning on attending? \_\_\_\_\_

Are you going to do dryland work away from the pool to achieve your goals? (if so, how many times per week?) \_\_\_\_\_

Use the chart below to write down the top 6 events you would like to focus on this season. Then, fill in your current best time, your goal time, and the things that will help you achieve that time. So, for example, "50 free, best time 30.00, goal time 27.99, need to improve sprint kick and breath control." If you don't have a time in an event, that's OK! You can still fill it in and let us know you want to try it.

Event	Best time	Goal Time	Steps to achieve that time


What would you like your coaches to focus on in order to help you achieve your goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What can the team do to improve?

1. \_\_\_\_\_
2. \_\_\_\_\_

Do you want to swim in college? If so, do you have any schools in mind?

Use the area below for additional comments.

Parents:

What can we do to improve your swimmers' experience with the team?

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What do you like most about CAST?

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What would you like the coaches to focus on in your swimmer's training?

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Please feel Free to add all the additional comments you wish on the back of this page.

Thank you!  
Your Coaches