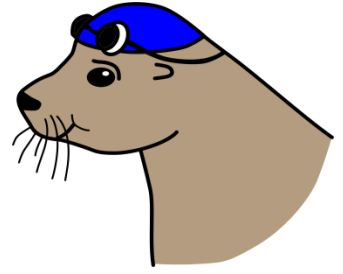


Sea Lions Swim Team



Goal Setting Worksheet

Swimmers Name _____ Date _____

Swimmers are encouraged to set goals and discuss them with the coaches.
Goal setting is usually done for swimmers 10 years and older.

Swimmer Goals:

At least two should be process oriented (better streamlines coming out of my turns, lower head position on my butterfly, be on time to practice. . .)

At least two should be results oriented (Achieve an IMX or IMR score, achieve a B time in the 50 back, break 1 minute in the 100 Free, qualify for state in the 200 IM, set a team record in the 100 fly . . .)

One should be a long term goal that will not be achieved this year (qualify for High School State as a Freshman, Swim in College, Break a High School Record, Qualify for Nationals, Qualify for the Olympics)