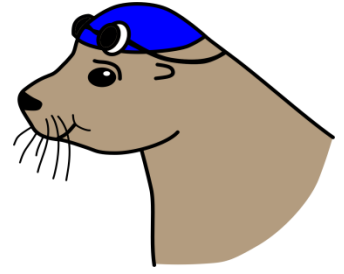


Sea Lions Swim Team



Goal Setting

Swimmers are encouraged to set goals and discuss them with the coaches. Three times each year we update both individual and team goals. Coaches take time during dryland training to encourage the formulation of good goals. Goals are usually updated in December during the Christmas Break, in May as the summer season begins, and in September when school is back in session. Goal setting is usually done for swimmers 10 years and older.

Sea Lions 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 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...)

Coaches review the goals and encourage each swimmer to put list of goals in a place they will see daily. Coaches also keep a spreadsheet of swimmers goals and remind them of progress and achievement.