

Team Goal Sheet

Name:

Coach:

Competition Profile

	Events	SCY Times	LCM Times
Current Best Times From Previous Season	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____
Goal Times for this season	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

What do you want to Achieve during this season?

What was your most significant and or prideful accomplishment last season?

With this in mind, what was your greatest strength last season in training and racing?

If you could, what would you change from last season?

Considering the above, what was your greatest weakness last season?

Are you pleased with your past training? What would you keep or change?

Are you content with your current level of success?

Given your above answer, describe your approach to training and racing this season.

List the three most specific things you must accomplish to achieve your goals. How will you accomplish them?

#1.

#2.

#3.

What is your ultimate goal while swimming for Potomac Marlins?

Evaluate your current Athletic Ability. Provide additional comment where appropriate.

AREA	RATING (E G F P)	Comments
Body Strength		
Power		
Speed		
Flexibility		
Aerobic Conditioning		
Nutrition		
Attitude		
Confidence		
Mental Toughness		
Training Focus		
Racing Ability		
Stroke Technique		
Starts & Turns		

What are your academic goals this year in school?

My Goal of Self Acceptance...

Please write out a commitment to accept yourself no matter the performance outcome and to learn from this competitive experience regardless of whether you achieve your goals or not.