



Short Course Goal Sheet

2024 Competition year (9/1/2023-8/31/2024)

Name: _____

Age Group: _____

EVENT	CURRENT BEST TIME	GOAL ONE	GOAL TWO
25 FREE			
50 FREE			
100 FREE			
200 FREE			
500 FREE			
1000 FREE			
1650 FREE			
25 BACK			
50 BACK			
100 BACK			
200 BACK			
25 BREAST			
50 BREAST			
100 BREAST			
200 BREAST			
25 FLY			
50 FLY			
100 FLY			
200 FLY			
100 IM			
200 IM			
400 IM			

DAILY GOALS:

These are things you would like to improve on every day. For example "flip turn at every wall", "streamline off of every wall", "listen to my coach", "complete every set".

1. _____
2. _____
3. _____

SHORT-TERM GOALS:

These are goals you can set for the next few months, for example "take 2 seconds off of my 100 breaststroke at the next swim meet", "compete in a swim meet", "make it to 4 practices every week", "swim a legal 100 IM" "lead my lane".

1. _____
2. _____
3. _____

LONG-TERM GOALS:

These are goals that you want to reach by the end of the Short Course season, for example "get a FLAG cut in the 100 free", "make a Sectionals time", "set a team record in the 100 fly", "be a positive supportive teammate ALWAYS".

1. _____
2. _____
3. _____

DREAM GOALS:

These are the goals you DREAM about, your ultimate swimming goals! For example "make the Olympic Team in 2028", "Compete in college swimming", "Get a World Record in the 400 IM".

1. _____
2. _____
3. _____

Important Tips: Remember that attitude, attendance, effort, nutrition/hydration are all key factors in attaining your goals - make changes where needed. Goals should never be based on comparisons to other swimmers. Goals should be discussed openly between teammates, parent/swimmer and swimmer/coach-let them help you reach your goals!

