

2021-2022 JUNIOR TEAM GOALS

Please answer the following questions:

1. **Why do you swim?** I know that may seem like a silly question, but some of you have some serious long term goals, others swim because they like to be with their friends, and some swim because it's good exercise. Knowing WHY will help the coaches better address your individual needs. (There is no wrong answer!)

2. **What is your commitment to swimming? (circle one)**
 - a. Very committed. My attendance is close to 100%.
 - b. Somewhat committed. I attend most practices, but I miss for other activities.
 - c. Not very committed. I get there when I can, but it's not a priority.

3. **Do you plan to swim for your high school team?**

4. **What other extracurricular activities are important to you?** This includes activities at school, church, and other sports.

TRAINING GOALS

Name one "bad habit" you would like to change. What can you do at practice to break that habit? Examples include not breathing off walls, streamline, etc.

Please list two training goals. Think of things that are really difficult right now, but you would like to be able to do it later this season. Examples include doing an entire stroke set fly, making 100s on 1:25, etc.

1.

2.

COMMITMENT GOALS

How many practices per week do you plan to attend?

RACING GOALS

Please use the following chart to record goal times for as many events as possible. Even if you don't plan to compete in an event at a meet, we may race that event at practice.

INDIVIDUAL GOALS

EVENT	FREE	BACK	BREAST	FLY	IM
50					
100					
200					
400					
500					
1000					
1650					

What do you consider your three best events?

1.

2.

3.