

2021-2022 SENIOR 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. **Are you swimming for your high school team?**

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

5. **Do you plan to swim in college?**

TRAINING GOALS

Name one "bad habit" you would like to change. What can you do at practice to break that habit? Examples include breathing off walls, not streamlining, 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 1:10, etc...

1.

2.

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.

COMMITMENT GOALS

How many practices per week do you plan to attend?

FITNESS GOALS

Please list one fitness goal. Think about what you hope to get out of dryland. Examples include a stronger core, stronger upper body, etc.

Identify something specific that you want to achieve at dryland. Examples include a certain number of push-ups or pull-ups or squatting a specific weight.

LONG TERM GOALS

Please list one or two long term goals that you hope to achieve beyond the current season. These can include making high school districts or states, qualifying for YMCA Nationals, swimming in college, etc.

1.

2.