

Senior Goal Sheet  
2023-2024 Fall & Winter Season

Name & Age \_\_\_\_\_ Phone # \_\_\_\_\_ Date \_\_\_\_\_

What is your primary goal for this season?

What was the highlight of last season?

How many days of practice per week are you planning on attending this season (there are usually six)?

What are some of your long-term goals (next 2-4 years)?

Strength training is a key component of your training that we are not able to support in the team setting at the new facility. Are you able to strength train on your own and if yes, what exercise program are you performing?

Is there anything you wished we did more of when it comes to training?

Is there anything you want me to know about you which would help me coach you better?

List your actual and goal times **for at least three events**  
you would like to achieve this season.

Event Distance	Free Current/Goal	Back Current/Goal	Breast Current/Goal	Fly Current/Goal	IM Current/Goal
50	/	/	/	/	
100	/	/	/	/	/
200	/	/	/	/	/
400					/
500	/				
1000	/				
1650	/				