

Senior Goal Sheet
2021 Spring & Summer Season

Name & Age _____ Date _____

What is your primary goal for this season?

What was your 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)?

What sacrifices are you prepared to make to achieve the above goals and what obstacles are currently in your way? How are you going to work around them?

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

Is there anything you want me to know about you that 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	/				/
800	/				
1500	/				