



Age Group 1: Swimmer Goal Sheet
Short Course Season 2023

Name: _____ Swimmer Email: _____ Date: _____

"Setting goals is the first step in turning the invisible into the visible."

-Tony Robbins

Swimming Strengths (List 3)	Swimming Weaknesses (List 3)
1.	1.
2.	2.
3.	3.

What do you like about swimming? What are your favorite things about practice?

What are your favorite parts about swimming with the team?

Write about yourself outside of the pool (other activities, goals, etc). What is one thing you would like me to know about you that I may not already know?



Goal Times

Use current racing and practice times to outline season and long-term goals. Goals should be both challenging and achievable. Reference time standards and meet qualifying standards.

USA Motivational Standards USA Swimming Top Times	Team Top 10 Lists	Pacific Swimming Top Times AGC / FW Time Standards
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Event	Best Short Course Time	Short Term Goal - Short Course (This Year)
25 freestyle		
50 freestyle		
100 freestyle		
200 freestyle		
25 backstroke		
50 backstroke		
100 backstroke		
25 breaststroke		
50 breaststroke		
100 breaststroke		
25 butterfly		
50 butterfly		
100 butterfly		
100 IM		
200 IM		

“Winning doesn’t always mean being first. Winning means you’re doing better than you’ve done before.”

– Bonnie Blair