



**Discovery 2: 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

<b>Strengths in Training (List 3)</b>	<b>Weaknesses in Training (List 3)</b>
1.	1.
2.	2.
3.	3.

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

Who do you most like to race in practice (List several swimmers in the group) and how does racing these teammates make you better?

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.

<a href="#">USA Motivational Standards</a> <a href="#">USA Swimming Top Times</a>	<a href="#">Team Top 10 Lists</a>	<a href="#">Pacific Swimming Top Times</a> <a href="#">AGC / FW Time Standards</a>
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**Short term = this season, Long term = 2-3 years from now**

Event	Best Short Course Time	Short Term Goal - Short Course (This Year)	Long Term Goal - Short Course (2-3 Years)
50 freestyle			
100 freestyle			
200 freestyle			
400 / 500 freestyle			
50 backstroke			
100 backstroke			
50 breaststroke			
100 breaststroke			
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