2022-2023 PERSONAL GOALS!

"Excellence is the gradual result of always striving to do better." Pat Riley

First Name: _____
Last Name: _____
Age: _____ Grade_____ Year Started
Team_____

Birthdate (month/date/year)

Favorite Stroke:

Why do you want to be on the swim team?

Daily Goal – A goal you want to accomplish at each practice:
1.

Short Term Goal – A Goal you want to achieve within 3-6 weeks:
1.

Long Term Goal – A goal that could be achieved by the end of the season:
1.

"Without goals, training has no direction." – Natalie Coughlin