



GOAL SHEET

NAME: _____

What are your short-term goals for this winter? How do you plan to attain them?

What are your long-term goals? How do you plan to attain them?

**MUST BE READ AND DISCUSSED WITH BY COACH
NO GOALS, NO PRACTICE!!**

"Winning is not about coming in first, winning is learning to push yourself beyond your limits. Striving to do better than your best."

GOALS: To be the best that you can be!

1) Coach's expectations from swimmers

- **Come to practice consistently**
- **Be on time for practice**
- **Be prepared for practice**
- **Know what to do, how to do it, and when to do it**
- **Have proper uniform: for dry land - shorts and T-Shirts for swimming - bathing suits, bathing caps, and towels**
- **Eat nutritious foods, drink water**
- **Be focused, participate, listen to coach at all times**
- **Always care about your technique, condition and performance**
- **Know your best time and your goal time**
- **Be motivated**
- **Set-up your realistic goals, then work smarter and harder towards them**

2) Coach's expectations from parents:

- **Bring children to practice on time consistently**
- **Develop good environment to help kids do well in school and swimming**
- **Make kids eat nutritionally, and sleep well**
- **Be helpful during meets and events**
- **Try to understand what kind of sport swimming is**
- **Be motivated and supportive**
- **Participate in all home and away meets as stated in your obligation**