

Junior Goal Sheet 2011

Name: _____

Due Date: When You Are Done

Div: _____ Birthday: _____

Things to remember:

- **Your goals must be meaningful.** Think harder if what you want is really coming from you (not from your parents, not because your friends want the same thing, etc.)
- **Your goals must be specific.** “Becoming an Olympic swimmer is not as specific as “making Provincials in 50m freestyle...” or “working hard” is not as specific as “doing 4 dolphin kicks off every wall and not breathing in or out of the walls.”
- **Your goals must be challenging, but achievable.** Think about where you are in your skills and performance level to make a starting point.
- **Writing your goals helps you see your progress throughout the season.** Some unexpected things might happen that will interact with your goals. You are always able to alter your current goals or make new ones.

What are your main goals this season?

List three skills (ex. kick, breath control, pull) and/or elements of your race (ex. dives, turns, strokes) that you would like to improve by Regionals and/or Provincials?

1.

2.

3.

How will you reach these goals? (Ex. mental toughness, fitness level, work ethic etc.)
Give reasons for your answer.

“I will reach these goals by... because...”

1.

2.

3.

Find out your best time for each event then list the “A” time and the PQT. From these times, create a goal time you would like to achieve by the end of the season.

Event	Best Time	“A” Time	PQT	Goal Time
100 IM				
50 Free				
50 Fly				
50 Back				
50 Breast				
100 Free				

What is your best stroke? _____

What is your favourite stroke? _____