

Personal Goal Sheet for (Your Name)_____

This goal sheet is intended to help define your goals and create a clear path for success. It also allows us to get to know each other as a team and help support each other in reaching our goals.

- Do you want to go to college? _____
- Do you want to swim in college, and if so which Division (I, II, III, Jr College etc) ? _____
- If yes, are you interested in obtaining a swim scholarship? _____
- If college bound, which are your top 3 choices? _____
- If you plan to go to college, what level of degree would you like to achieve? Do you have a major in mind?

- Do you want to swim in the Olympics? _____
- What type of career are you interested in? _____
- Do you have a specific company in mind? _____
- Where do you see yourself in 5 years? _____
- In 10 years? _____
- Share something interesting about yourself: _____

Now let's think about the current year:

3 Best Events	Current Time	Goal Time for 2023

3 Favorite Events	3 Least Favorite Events

Are there parts of practice that you find particularly challenging?

Considering those challenges, how can we help you in practice every day?

The more specific you are, the better. Here are some examples:

- *Remind you to do 6 kicks off every wall.*
- *Remind you to look at the clock for send off.*
- *Maintaining a positive attitude.*