

**Swimmer Name:** \_\_\_\_\_

### **Setting Goals**

Every day of your life you get up, go to school/work, come home, eat dinner, and go to bed. Sounds boring doesn't it? So, what do people do to keep themselves motivated? You guessed it they set goals. Everyday you set goals for yourself and probably don't even realize it. It could be as simple as trying to get to school/work on time, or as complicated as running a business. In order for you to move ahead in what ever you are doing, you have to have a focal point - a goal. Without goals, we would probably not be riding in cars, flying in airplanes, or have the use of computers. Below, please write down two different goals (short term and long term) that you want to achieve during the Short Course Season of 07/08. I want you to take pride in setting your goals, make goals that are realistic. Take ownership in what you are doing; be proud that you have taken on the task of setting goals for yourself. It is meaningless if you don't take pride in setting these goals – let everyone know that you have set goals for yourself, write them down on paper and post them where you and others can see them. Make yourself accountable to others about your goals. If it means something to you, it means something to others too.

#### **My short team goals**

---

---

---

---

---

---

---

---

---

---

#### **Coach Remarks**

---

---

---

---

---

---

---

---

#### **Longer term goals :**

---

---

---

---

---

---

---

#### **Coach Remarks**

---

---

---

---

---

**Athlete:** \_\_\_\_\_ **Date** \_\_\_\_\_  
**Parent:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Now that you know what you want to do, "LETS GO GET IT"**

**Recommended meets – Coach checks those that apply**

**YMCA Meets**

- Autumn Classic (Nationally Sanctioned)
- WYW TG Invite (Nationally Sanctioned)
- Dual meets as needed to get 4 Y meets (Y Nat Contender)
- Dual meets as needed to get 2 Y meets (NE Contender)
- Yankee Cluster Championship
- New England Championship if qualified
- YMCA Nationals if qualified \_\_\_SC \_\_\_LC

**USS Meets**

- One or more USS Invitational by middle of Nov
- Two or more USS Invitational meets by mid-Feb
- Highest level Champ meet you are eligible for
- WYW "AA" Invite if qualified
- CT Senior Championship - if qualified
- All 8&U USS meets
- \_\_\_\_\_