

**GACC Swim Team
Goal Sheet for 2017 Season**

Name: _____

Age Group: _____

Each swimmer may create up to 3 goals for the remainder of the season. All goals must resemble an achievement for the swimmer. All swimmers who achieve a goal will have the opportunity to pie a coach of their choosing at the season ending banquet.

Goals should be submitted to a coach prior to the beginning of the meet if you wish for them to apply to that meet. Goals may also be placed in the green goal basket during practice. It will either be on the picnic tables at practice or inside the building.

Examples:

Not good:

1. *Dive into the pool*

Good

1. *Dive into the pool with my feet behind me and my chin tucked (no belly flop or jump)*

Not good

1. *Drop one second in every event*

Good

1. *Evaluate your swims so far and select an appropriate time drop or time goal. One second may be too easy or too hard depending on the stroke and distance.*

Your goals:

1.

2.

3.