

2010-2011 Goals

Name _____

Meet performance

- qualifying for championships and finals – JOs, Seniors, Districts, Regionals, States
- finish position at specific meets – 1st, top 3, 5, 8, etc.

Time performance

- goal time / your present personal best

Improvement goals (what and how / be specific)

- Strength

- Stroke and technique

- Practice (attendance, effort and focus / be specific)

General health (food, sleep, stretching, outside conditioning)

List up to five weaknesses that keep you from being as good as you could

Name the single most important, specific thing you can do to help you reach your goals