

Goal Sheet

Swimmers Name: _____

Please come up with three goals you would like to complete by the end of our swim season. They can be stroke goals (i.e. improve my butterfly or learn to dive/flipturn) or time goals (i.e. swim the 50 freestyle under 30 seconds or make state cut for 100 breastroke). Good Luck ☺

Goal 1:

Goal 2:

Goal 3:

Swimmer Signature: _____

Parent Signature: _____

Commitment is what transforms a promise into reality. It is the words that speak boldly of your intentions and the actions which speak louder than the words. It is making time when there is none. Coming through time after time after time, year after year. The stuff character is made of and the power to change the face of things It's the daily triumph of integrity over skepticism.