

Dover Area Aquatic Club "Goal Sheet"

Name: _____ Practice Group: _____
PRINT NEATLY RED / WHITE / GOLD / SR

Circle your current age group

- 1) 8/Under 9/10 11/12 13/14
- 2) How many years have you been a competitive swimmer? _____
- 3) How many years have you been a member of DAAC? _____
- 4) What is your attendance percentage goal for the last swim season?

Number of nights per week _____ / 5

- 5) List **one short-term goal** that you would like to achieve by the end of the first half of the current season!

- 6) List **one long-term goal** that you would like to achieve by the end of the current season!

Dover Area Aquatic Club “Goal Sheet”

Directions: You are expected to fill in the first two columns and leave the third column blank. Only create goal times that pertain to your age group list and for which you have established a time. **Only use times that you have achieved as the starting point.** For swimmers who are younger than high school age, it is more difficult to establish goal times! Why? Because there are so many variables that can affect an age group swimmer’s final time by season’s end. He/she may grow 4 inches during the course of the season, finally master the freestyle flip turn or finally master how to finish a race properly. When a swimmer has one of the above things happen, huge time drops can be attained. The important thing to remember when you are creating these goal times is not whether you can predict exactly how much time you will drop in a given event, but how you will feel when reaching or surpassing the goal time that you have set for the end of the season. If you have a question on filling out your goal sheet, see Coach J or you age group coach.

Below you will find a list of events that pertain to your child’s age group!

8 & Unders: 25 yards of each stroke, 50 Free, & 100 IM **9 & 10:** 50 yards of each stroke, 100 Free and 100 IM

11 & 12: : 50 yards of each stroke, 100 Free & 100 IM **13 & 14:** 50, 100 & 200 yard Free, 100 yards of each stroke, & 200 IM

NAME: _____ **AGE GROUP:** _____

USE A PENCIL - GOALS ARE MEANT TO BE ADJUSTED!

| | Current best times! | Goal times for the season! | Actual time at end of the season LEAVE BLANK |
|--------------------------|---------------------|----------------------------|--|
| <i>25 Fly</i> <i>EX:</i> | <i>30.15</i> | <i>28.67</i> | <i>27.59</i> |
| 25 Fly | | | |
| 50 Fly | | | |
| 100 Fly | | | |
| 25 Back | | | |
| 50 Back | | | |
| 100 Back | | | |
| 25 Breast | | | |
| 50 Breast | | | |
| 100 Breast | | | |
| 25 Free | | | |
| 50 Free | | | |
| 100 Free | | | |
| 200 Free | | | |
| 100 I.M. | | | |
| 200 I.M. | | | |

Coach’s Signature

Swimmer’s Signature

Date