Dover Area High School Varsity Swimming Goal Sheet

Name: _____ **Practice Group:** _____
             PRINT NEATLY

1)   CircleYear: Freshman   Sophomore   Junior   Senior

2)   How many years have you been a competitive swimmer? _____

3)   How many years have you been a member of DAHS? _____

4)   What is your highest level of achievement in swimming? _____

    _____

5)   List **three short-term goals** you would like to work on in practice/meets in the first month or so of the season!

        1. _____

        2. _____

        3. _____

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

    _____

    _____

    _____

Dover Area High School Varsity Swimming Goal Sheet

Directions: You are expected to fill in the first two columns and leave the third column blank. Create goal times for as many events as you can for events in which you have established a legal time. Use times that you have achieved before this season as your starting point. For swimmers who are new or lack a lot of competitive experience, it is more difficult to establish goal times! Why? Because there are so many variables that can affect a swimmer's final time by season's end. He/she may grow 2 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 Janosky.

NAME: _____ CIRCLE YEAR: FR   SO   JR   SR

USE A PENCIL - GOALS ARE MEANT TO BE ADJUSTED!

	Current Best Times	Goal Times for the 2010-2011 DAHS Season!	Actual time at the end of the season LEAVE BLANK
EX: 100 Fly	*1:13.78*	*1:11.56*	*1:10.59*
50 Fly (relay split)			
100 Butterfly			
50 Back (relay split)			
100 Backstroke			
50 Breast (relay split)			
100 Breaststroke			
50 Freestyle			
50 Free (relay split)			
100 Freestyle			
100 Free (relay split)			
200 Freestyle			
500 Freestyle			
200 Individual Medley			

_____   _____   _____
        Coach's Signature   Swimmer's Signature   Date