

Senior Goal Sheet
2019-2020 Fall & Winter Season



Name & Age _____ Date _____

What is your primary goal for this season?

What was your highlight of last season?

How many days of practice per week are you planning on attending this season (there are usually six)?

What are some of your long-term goals (next 2-4 years)?

What sacrifices are you prepared to make to achieve the above goals and what obstacles are currently in your way? How are you going to work around them?

Please share with me something interesting that I don't already know about you.

What questions do you have for me?

List your actual and goal times **for at least three events** you would like to achieve this season.

Event Distance	Free Current/Goal	Back Current/Goal	Breast Current/Goal	Fly Current/Goal	IM Current/Goal
50	/	/	/	/	
100	/	/	/	/	/
200	/	/	/	/	/
500/400	/				/
1000	/				
1650	/				