

TEAM SEA Senior Goal Sheet
2024 Spring & Summer Season

Name & Age: _____

Date: _____

What is your primary goal this season?

Did you achieve your goals last season? Explain. If not, why do you feel you fell short and what do you feel we can do differently this season?

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

When doubles begin (tentatively June 12), how many days of double practices are you planning on attending (there are usually five)?

List the order of importance for the following facets of your life (family, school, religion, swim, work, social life).

Describe the hardest practice you ever completed, attempted, and/or failed?

Is there anything you wished we did more of when it comes to training?

What can you tell us about you that will help us coach you better?

List your actual and goals times (for at least three events) you plan on working towards this season.

Event & Distance	Free Current/Goal	Back Current/Goal	Breast Current/Goal	Fly Current/Goal	IM Current/Goal
50					
100					
200					
400					
800					
1500					

This is your space for anything you want to share (feel free to use the back of this sheet too) ...