

My Season Goal Sheet

Written by me, in my own words — because these are my goals, nobody else's.

Name: Season: Date:

1 My big dream

Where would I love swimming to take me one day? Dream big — this one is allowed to be far away.

2 My goals for this season

Pick 2 or 3. Make them mine, precise and about my own progress — my times, not someone else's.

Event	My best today	My goal	Why it matters to me

3 My why

What do I love about swimming? What makes me want to get better? (This is what keeps goals alive in January.)

4 My plan — what I commit to each week

Goals don't drop times. Practice does. These are the things I control — and consistency counts most: schedule them early in the week, at a fixed time. "Later this week" is how habits die.

Swim practices: per week

Dryland sessions: per week

Technique focus (one thing at a time):

Sleep: hours per night

One more commitment I choose myself:

My plan will change during the season — that's normal and it's a good sign: it means I'm learning.

Check-ins — because a race is a signal, not a grade

5 After each meet

A result is information. Fast or slow, it tells me what's working and what to adjust. No sanctions here.

Meet / date	What went well	What I learned	What I'll adjust

6 Mid-season review

Sit down once, halfway through the season. Keep what works, change what doesn't.

What's working — I keep doing it:

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What I change in my plan (and why):

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This sheet is mine.

I wrote it myself, with my own words. My coach and my parents can read it and help me — but the goals, the plan, and the adjustments come from me.

Signature:

Date: