

What are your goal times and events for the short course season. (September- March)

1) _____ 2) _____
3) _____ 4) _____

“Positive thoughts create a positive mind, which lead to a positive outcome”

Fill in Your Mental Tool Box:

If you could have the dedication, determination, discipline and speed of any swimmer who would he or she be? _____

List some of your accomplishments in swimming. (Big or small, they all lead to accomplishing your next goal.) _____

List a motivational song that energizes you and can help you stay on course to reach your goal. _____

Goal Setting:

What is your SHORT TERM goal? (What do you want to accomplish in 4-6 weeks?)

What is your LONG TERM goal? (What do you want to accomplish in 6-12 Weeks?)

What can I expect out of you at workout?

Parent's Name _____

Phone Number(s) _____

Email Address _____

PLEASE RETURN TO COACH WITH A PICTURE