

St. Cloud YMCA Swim Team

Long Term Goal Sheet

Athlete Name: _____

Date: _____

What grade are you currently in?

What are your top priorities (this is not a trick question, be honest)?

- 1.
- 2.
- 3.
- 4.
- 5.

What do you like most about swimming?

What do you like least about swimming (this should be enough space →)?

What are your three BEST events?

- 1.
- 2.
- 3.

What are your three FAVORITE events?

- 1.
- 2.
- 3.

Are you a good teammate? Why or why not?

What can you do to become a better teammate?

Why is it important to be a good teammate?

DREAM GOALS

Please list 2-3 dream goals, and complete the action step questions related to each goal. These goals can be as big as you can imagine. Do not limit yourself; these are the highest of achievements you want to accomplish.

Dream Goal 1: _____

What do you need to do to accomplish this goal? Think today, and this season (short term).

What skills do you need to improve to accomplish this goal?

Dream Goal 2: _____

What do you need to do to accomplish this goal?

What skills do you need to improve to accomplish this goal?

Dream Goal 3: _____

What do you need to do to accomplish this goal?

What skills do you need to improve to accomplish this goal?

What help do you need from me to accomplish these goals?