



## SAN DIEGO AQUATIC CLUB

### 2010-2011 SHORT COURSE GOAL SHEET—AG ELITE, SENIOR DEVELOPMENT, SENIOR ELITE

Please complete the following information and return to your coach.

Swimmer's Name: \_\_\_\_\_

Swimmer Age: \_\_\_\_\_ Will you age up during the season? \_\_\_\_\_

### Goal Times

Event	LC Time May 2010	LC Time August 2010	LC Season Improvement	SC Time April 2010	Mid- Season Goal	SC Goal Time April 11
50 Free						
100 Free						
200 Free						
400/500 Free						
800/1000 Free						
1500/1650 Free						
50 Breast						
100 Breast						
200 Breast						
50 Back						
100 Back						
200 Back						
50 Fly						
100 Fly						
200 Fly						
100 IM						
200 IM						
400 IM						

What went well during 2010 LC Season? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



What would you have changed about 2010 LC Season? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Short Course Season Goals**

What are your attendance goals for the 2010-2011 SC Season? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Please list 3 actions you will take to achieve your mid-season goals?** (*practice, meets, nutrition/hydration, etc.*)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Please list 3 actions you will take to meet your end-of-season goals?** (*practice, meets, nutrition/hydration, etc.*)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Please list 3 other goals you have set for yourself:** (*academic, personal interests, family, etc.*)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Coach's Goals for Swimmer	How to achieve goal
1.	
2.	
3.	

Swimmer's Signature \_\_\_\_\_ Date \_\_\_\_\_

Coach's Signature \_\_\_\_\_ Date \_\_\_\_\_