

Greater Pensacola Aquatic Club

Goal Sheet

NAME: _____ AGE: _____ SEASON: _____

1. Why do you swim? What do you find the most fun about the sport? The most frustrating?
2. What is the "big picture" of swimming for you? (What do you ultimately want to do with your swimming?)
3. What is your best stroke? How can you improve this stroke?
4. What is your worst stroke? How can you improve this stroke?
5. What is your IMR and or IMX score? What are your goal scores? . How can you improve your score?
6. Do you know the requirements to advance to the next training group in GPAC? YES NO If yes, what do you think will be the most difficult for you to achieve?
7. List **3 practice goals** for yourself this season.
 - A.
 - B.
 - C.

How many practices a week do you currently attend on average? Do you think your current or previous practice attendance will lead to improvement or achievement of these goals? YES NO If no, how many practices do you think you need to attend? .
8. What are some of your swimming goals this season (Not Times)? How can the coaches help you achieve these goals?
9. What is the highest level meet or motivational time standard you wish to qualify for or achieve this season? Do you know the qualification times?
10. List 2 things you can do away from the pool that will help your swimming.
 - A.
 - B.

Greater Pensacola Aquatic Club

Goal Sheet

11. List 2 things you can do mental skills you can work on to enhance your swimming.
 - A.
 - B.

12. List 2 things you can do to improve your nutritional needs.
 - A.
 - B.

13. List 2 things you can do to be a better student or to improve in school.
 - A.
 - B.

14. List 2 things you can do to be a better member of your family.
 - A.
 - B.

15. List 2 things you can do to be a better GPAC teammate or a better person through Swimming.
 - A.
 - B.

16. What would you like GPAC to accomplish this season? How can you contribute to this goal?

17. List your goal times for the following events (If Applicable)

Event	Goal Time		Event	Goal Time
25 Freestyle			25 Backstroke	
50 Freestyle			50 Backstroke	
100 Freestyle			100 Backstroke	
200 Freestyle			200 Backstroke	
400 Freestyle - LCM				
500 Freestyle			25 Breaststroke	
800 Freestyle - LCM			50 Breaststroke	
1000 Freestyle			100 Breaststroke	
1500 Freestyle -LCM			200 Breaststroke	
1650 Freestyle				
			25 Butterfly	
100 Individual Medley			50 Butterfly	
200 Individual Medley			100 Butterfly	
400 Individual Medley			200 Butterfly	