

# 2019-2020 PERSONAL GOALS!

“One way to keep momentum going is to have constantly greater goals.” —Michael Korda

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade \_\_\_\_\_ Year Started Team \_\_\_\_\_

Birthdate (month/date/year)

Favorite Stroke:

**Why do you want to be on the swim team?**

**Daily Goal – A goal you want to accomplish at every practice:**

1.

**Short Term Goal – A Goal you want to achieve within 3-6 weeks:**

1.

**Long Term Goal – A goal that could be achieved by the end of the season:**

1.

*“Setting goals is the first step in turning the invisible into the visible.”*  
– Tony Robbins