

# 2021-2022 PERSONAL GOALS!

**“Excellence is the gradual result of always striving to do better.” Pat Riley**

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.

*“You cannot put a limit on anything the more you dream the farther you get”  
Michael Phelps*