

Tompkins HS Swimming Goals

Goals give you something to work towards and sense of accomplishment. As a coach I am here to help you work towards your goal and achieve it, if not surpass it. As a Tompkins swimmer, you will have 3 season-long goals and multiple goals to help you reach your end goal. Junior Varsity swimmers your season long goal should be reached mid-December. Varsity swimmers your season long goal should be reached at the end of February. At the beginning of each month, I will ask you to turn in a sheet of paper with 2-3 goals on it that you can reach during that month, that will help you accomplish your season long goals. Once your season is over, you will set off-season goals that you would like to achieve. I would recommend that you set goals in everything you do; it will help you stay focused and on-task. THIS IS YOUR COPY TO KEEP ALL YEAR.

September Goals:

October Goals:

November Goals:

December Goals:

January Goals:

February Goals:

March Goals:

April Goals:

May Goals:

Summer Goals:

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2013 - 2014

In detail, please explain what your long-term goal is in the sport of swimming. Please be specific.

What are your 3 goals for this season? Be specific when talking about events and times.

What obstacles or detours will you have to deal with during the season?

Explain two or three process goals (Training, Technical, Psychological, Nutritional and Lifestyle) that you have for the HS season.