Seasonal Goal Sheet

Write your current best time (in SCY if you have one; otherwise write "NT") and a goal time for every event that you may swim this season. Write any cut/qualifying time that corresponds with your goal time (i.e. SE cut, AAA, Sect., etc.). Finally, break down your goal time into splits (50 splits for 100's and 200's, 100 splits for 400 IM; for 400 and longer, write down your average 100 pace). Make sure you write a goal time for EVERY EVENT THAT YOU MAY SWIM THIS SEASON (not just your best events).

Event	Best Time	Goal Time	Splits

Year-long goal (What kind of swimmer do you want to be at this time next year?):

Commitment goals (What things do you need to do to help you reach your goals? Attitude, effort, attendance; be specific):