

# Age Group Goal Worksheet

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Today's date \_\_\_\_\_

**Which days do you regularly attend practice? (Circle)**

M      W      F      S

**How much do you agree with the following?**

*Write 1-5 (1 = strongly disagree, 5 = strongly agree)*

- \_\_\_\_\_ I enjoy swim practice
- \_\_\_\_\_ I enjoy swim meets
- \_\_\_\_\_ I am challenged at practice
- \_\_\_\_\_ I work hard at practice
- \_\_\_\_\_ I pay attention at practice
- \_\_\_\_\_ I am friends with many of my teammates

**How often do you attend meets? (Circle)**

over 1 meet      about 1 meet      under 1 meet  
per month      per month      per month

**What activities or hobbies do you have outside of swim & school? Sports, music, hobbies, etc:**

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**Why do you swim?**

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**Write down names of two of your teammates who have helped make you a better swimmer:**

1: \_\_\_\_\_ 2: \_\_\_\_\_

**Write down one swimming-related goal you have for this season. The more specific, the better!**

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**Write down two things that you are doing at practice to help you reach the specific goal you wrote above:**

1: \_\_\_\_\_

2: \_\_\_\_\_

**How can your coach best support you in practice & at swim meets?**

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**Write something you would like your coach to know about you *that doesn't have to do with swimming*:**

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# Age Group Goal Worksheet

## What are your focus meets this year? (Circle)

Loveland or Ft Collins  
(October)

Bill Spahn  
(December)

Mile High  
(March)

Age Group State  
(March - Qualifiers only)

### Part 1: Warmup Goals (sets we do every day)

Set	Focus	My Average	Goal
Dives	How far can you glide in streamline?	dive + glide distance:	dive + glide distance:
Turns	How far can you glide in streamline?	turn + glide distance:	turn + glide distance:
20 x 25 @ 40 paddle push	How often do you lose your paddle?	# paddle falls per 25:	# paddle falls per 25:
4 x 50 @ 100 free/back	Can you make interval without fins?	average rest:	average rest:
4 x 25 @ 50 breaststroke	Can you average 10 strokes or less?	average stroke count:	goal stroke count:
4 x 25 @ 50 fly/die	How far do you get before you switch?	strokes before switch:	strokes before switch:

### Part 2: Swim Meet & Practice Goals (sets we do every week)

1. Write down best times for each event & set

Search best times & find links to time standards here:

2. Edit goals based on **what you can do in practice!**

[boulderswimteam.org/page/resources/time-standards](https://boulderswimteam.org/page/resources/time-standards)

Event	Best	Goal		Set	Best	Goal
50s	<i>write best time</i>	<i>2-4s drop</i>	↔	10 x 25 @ 1	<i>1/2 best 50</i>	<i>1/2 goal 50</i>
100s	<i>write best time</i>	<i>4-8s drop</i>	↔	6 x 50 @ 2	<i>1/2 best 100</i>	<i>1/2 goal 100</i>
200+	<i>write best time</i>	<i>8-16s drop</i>	↔	10 x 100 @ 2	<i>Make it</i>	<i>Race it</i>

Event	Best	Goal		Set	Best	Goal
50 Free			↔	25s @ 1		
100 Free			↔	50s @ 2		
200 Free			↔	10 x 100 @ 2		
pick any event:			↔			
pick any event:			↔			
pick any event:			↔			
pick any event:			↔			

## Example Worksheet

### Part 1: Warmup Goals (sets we do every day)

Set	Focus	My Average	Goal
Dives	How far can you glide in streamline?	~8 yards	12.5 yards
Turns	How far can you glide in streamline?	~4 yards	past flags
20 x 25 @ 40 paddle push	How often do you lose your paddle?	2x per 25	zero
4 x 50 @ 100 free/back	Can you make interval without fins?	5s rest with fins	5s rest w/o fins
4 x 25 @ 50 breaststroke	Can you average 10 strokes or less?	12 strokes	10 strokes
4 x 25 @ 50 fly/die	How far do you get before you switch?	halfway with fins	halfway no fins

### Part 2: Swim Meet & Practice Goals (sets we do every week)

1. Write down best times for each event & set

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2. Edit goals based on **what you can do in practice!**

[boulderswimteam.org/page/resources/time-standards](http://boulderswimteam.org/page/resources/time-standards)

Event	Best	Goal		Set	Best	Goal
50s	<i>write best time</i>	<i>2-4s drop</i>	↔	10 x 25 @ 1	<i>1/2 best 50</i>	<i>1/2 goal 50</i>
100s	<i>write best time</i>	<i>4-8s drop</i>	↔	6 x 50 @ 2	<i>1/2 best 100</i>	<i>1/2 goal 100</i>
200+	<i>write best time</i>	<i>8-16s drop</i>	↔	10 x 100 @ 2	<i>Make it</i>	<i>Race it</i>

Event	Best	Goal		Set	Best	Goal
50 Free	<i>40.1</i>	<i>38.0</i>	↔	25s @ 1	<i>21</i>	<i>19</i>
100 Free	<i>1:28.5</i>	<i>1:22.0</i>	↔	50s @ 2	<i>44</i>	<i>42</i>
200 Free	<i>3:15.0</i>	<i>2:59.9</i>	↔	10 x 100 @ 2	<i>5s rest with fins</i>	<i>5s rest w/o fins</i>
<i>50 Back</i>	<i>47.5</i>	<i>44.0</i>	↔	<i>25s @ 1</i>	<i>24</i>	<i>22</i>
<i>50 Fly</i>	<i>50.1</i>	<i>44.0</i>	↔	<i>25s @ 1</i>	<i>25</i>	<i>22</i>
<i>100 Back</i>	<i>1:50.5</i>	<i>1:40.5</i>	↔	<i>50s @ 2</i>	<i>55</i>	<i>50</i>
<i>200 IM</i>	<i>N/A</i>	<i>just swim it</i>	↔	<i>50s @ 2 all strokes</i>	<i>-</i>	<i>do IM on choice 50s</i>