

## Kwinana Recquatic Squads

### My Dreams and Goals

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Name:

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Squad:

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*This information and work package is for all members of Kwinana Recquatic Squads and its purpose is to help members set and achieve their goals and/or achieve everything they want to get from swimming.*



## Your Dreams

Below is an area for you to fill out your dreams in swimming. Your dream could be to be an Olympian, to go to nationals, to get fit, improve your freestyle technique or all of these. Whatever your dreams write them down in the space below.



# My Dream



## Short Term Goals

Short Term goals are goals that you set to attempt to achieve for the next few months to a year's time. These are ones that can be changed whenever you achieve one of your goals. Below is an area for some of your short term goals and a table for you to fill out your current times and your goal times. Write these down in pencil because remember you may have to change them in the future.

# My Short Term Goals

*e.g. Win a heat in one of my swims at a meet or club night!*

Event	My Current Time	My Goal Time
25m Butterfly		
50m Butterfly		
100m Butterfly		
200m Butterfly		
25m Backstroke		
50m Backstroke		
100m Backstroke		
200m Backstroke		
25m Breaststroke		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
25m Freestyle		
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
800m Freestyle		
1500m Freestyle		

Now remember after you have jotted down your current times think towards times you want to achieve in about 2 or 3 months time – these are your goal times. After each meet when the results come out take out this sheet and look to see how close you are getting to your goal time. Remember not every swim will be a better time and you have to be patient to achieve your goal time, that's what every Olympian has had to face at some time or another and their patience has paid off!!

## Long Term Goals

Long Term goals are goals that you set to attempt to achieve in more than a year's time. These are ones that can be changed whenever you achieve one of your goals. Below is an area for some of your long term with steps to achieve them. Write these down in pencil because remember you may have to change them in the future.

# My Long Term Goals

*e.g. Become flexible enough so I can touch my toes with my ear!*