

## Bio About Me

Why I swim:

My long term goals: (not necessarily swimming related)

How swimming helps me achieve my long term goals:

What I am best at: (my strengths - not necessarily swimming related)

Things I need to work on: (my weaknesses - not necessarily swimming related)

## Short Term/Season Goals

(swimming related)

Where do I want to be at the end of the season?

Event/Time goals: (pick 2 to 5 events)

How will I know I am progressing toward my goal(s)?

- keep records: meet results & workout times (goal sets)
- workout effort: Am I making faster intervals?

## Workouts/Practice

How will practices help me achieve my short and long term goals?

How many practices do I plan to make each week?

Will I be doing dryland training?

- if so... what will I be doing?

Will I be attending AM practices?

How will I manage my nutrition needs?

- lunches at school
- breakfast (especially before and after am practice)
- hydration

What skills will I focus on during practice?

- streamline
- underwater work
- stroke technique
- positive attitude

## Competition (meets) Expectations

Which meets will I compete in this season?

- How will I be sure I am ready to compete?
  1. attitude
  2. nutrition (before & during)
  3. sleep
  4. know my best times
  5. know my goal times

The rest of my life!? ... how will I manage...

- school work with swimming?
- social activities (how will they affect/interfere with my goals)?
- sleep (getting enough?)

## Other Stuff to have in my book...

- qual. times (related to your goals)
- a record of your meet results (your times!)
- a record of your goal set times (take the time to write them down after practice)
- attitude affirmations eg. "I AM FAST"
- nutrition reminder (what are the good foods to eat... school lunch ideas)
- skills to focus on during practice