

2026-2027 PERSONAL GOALS!

"Set goals that, when you set them, you think they're impossible. But then every day you can work towards them, and anything is possible, so keep working hard and follow your dreams."

Katie Ledecky

First Name: _____

Last Name: _____

Age: _____ Grade _____ Year Started Team _____

Birthdate (month/date/year)

Favorite Stroke:

Why do you want to be on the swim team?

Daily Goal – A goal you want to accomplish at each practice:

1.

Short Term Goal – A Goal you want to achieve within 3-6 weeks:

1.

Long Term Goal – A goal that could be achieved by the end of the season:

1.

**"I COME TO PRACTICE
EVERY DAY WITH THE
MINDSET THAT I AM THERE
TO GET BETTER."**

CAELEB DRESSEL