



SEASON GOALS (2011 - 2012)

NAME: _____

When filling out this sheet, take the time to reflect about how you envision your season as a member of the Haverford Swimming/Diving Team.

INDIVIDUAL GOALS

In which two (2) events would you like to primarily compete this season?

- 50 Free
 100 Free
 200 Free
 500 Free
 100 Back
 100 Breast
 100 Fly
 200 IM
 Diving

What are your individual time/score goals for the season (particularly in your goal events)?

50 Free: _____ 100 Back: _____
 100 Free: _____ 100 Breast: _____
 200 Free: _____ 200 IM: _____
 500 Free: _____ Diving: _____

What is your goal qualifying meet this season? That is, what is your goal meet for which you would like to qualify and compete this season?

- Silver Meet
 CL Champs
 Districts
 States

How do you plan to accomplish qualifying for this meet?

What are your attendance goals for the season?

What are your practice goals for the season?

What is one thing you are willing to change to improve this season?



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TEAM/LEADERSHIP GOALS

What are your goals for the team this year?

What do you feel is your role on the team? What would you like your role to be?

What are the qualities of a good leader?

Which qualities of a good leader do you possess? How can you improve your qualities as a leader?

Who on the team do you look to for leadership?

ACADEMICS

On a scale of 1 - 5, with 1 = "Least Important" and 5 = "Most Important," how important are academics to you as student? (Bubble in your answer)

① ② ③ ④ ⑤

What are your academic goals for this school year?

FINAL QUESTIONS

What are you willing to sacrifice to achieve your goals this season?

What does Haverford High School Swimming/Diving mean to you?

What is your dream goal in the realm of swimming/diving?
