

**GOAL SHEET (Please fill out and return to Head Coach Mike Salpeter when finished. Additionally, if you wish to set up an appointment to discuss your goals with Mike, please email/contact him to do so!)**

Name:

Age:

What is your short term goal (something you'd like to achieve by the end of the season)?

What is your long term goal for swimming (something you'd like to achieve in the future)?

What do you need from your coaching staff in order to get you to this goal?

What is your plan of action to get you to help achieve these goals?

Any other important things that the coaching staff needs to know about you prior to the season starting?