

Name: Paul Casazza

Practice Group: Junior Group 1

## Goal Sheet for the 2016 - 2017 Swim Season

Circle the appropriate age group. 8/under 9/10 11/12 13/14 15/18

- 1) How many years have you been a **competitive swimmer**? \_\_\_\_\_1\_\_\_\_\_
- 2) How many years have you been a member of the **West Essex Swim Team**? \_\_1\_\_
- 3) What is your attendance percentage goal for the **2016-2017** Swim Season? \_\_\_75%\_\_
- 4) Give me **one long term goal** that you would like to achieve by the end of the **2016-2017** Season!

Perfecting my start of the starting block. Which includes a clean entry and a timed breakout.

### Directions for the 2<sup>nd</sup> page (or Back) of this form

You are expected to fill in the first two columns and leave the third column blank. Only create goal times that pertain to your age group list and for which you have established a time. **Only use times that your child has achieved before October 22nd, as the starting point. Listed below is the way in which you should go about establishing a goal time for the end of the season.** For high school aged swimmers the following formula pertains: **You should be able to improve .50 to .75 tenths of a second per 50. For example, if your best time in the 200 Free in October, 2015, is 1:48.00, you should have a goal time of 1:46.00 or 1:45.00 for March, 2017!** For swimmers who are younger than high school age, it is more difficult to establish goal times! Why? Because there are so many variables that can affect an age group swimmer's final time by season's end. He/she may grow 4 inches during the course of the season, finally master the freestyle flip turn or finally master how to finish a race properly. When a swimmer has one of the above things happen, huge time drops can be attained. Therefore, you may want to triple the amount of improvement per 50 which would be 1.50 to 2.25 seconds per 50 or more.

The important thing to remember when your child is creating these goal times is not whether your child can predict exactly how much time he/she will drop in a given event, but how he/she will feel when reaching or surpass the goal time that he/she has set for the end of the season.

Below you will find a list of events that pertain to your child's age group:

**8/Unders:** 25/50 of each stroke, 100 Free, & 100 I.M.

**9/10:** 50/100 of each stroke, 200/500 Free, 100/200 I.M.

**11/12:** 50/100/200 of each stroke, 200/500/1000/1650 Free, 100/200/400 I.M.

**13/14:** 50 Free, 100/200 of each stroke, 500/1000/1650 Free, 200/400 I.M.

**15/18:** 50 Free, 100/200 of each stroke, 500/1000/1650 Free, 200/400 I.M.

**PLEASE RETURN THIS GOAL SHEET TO YOUR PRACTICE GROUP COACH BY 11/1/16!!!**

**TURN THIS SHEET OVER!**

Name: Paul Casazza Practice Group: 1

## Goal Sheet for 2016-2017

	<b>As of October 21<sup>st</sup>, 2016 Best Times</b>	<b>March, 2017 Goal Times for the end of this Season!</b>	<b>Actual Time in March, 2017 LEAVE BLANK</b>
<b>25 Fly EX:</b>	<b>30.0</b>	<b>28.0</b>	<b>27.50</b>
25 Fly	<b>35.00</b>	<b>29.00</b>	
50 Fly			
100 Fly			
200 Fly			
25 Back	<b>29.00</b>	<b>26.00</b>	
50 Back	<b>Establish a time at T.T.</b>		
100 Back			
200 Back			
25 Breast	<b>38.00</b>	<b>32.00</b>	
50 Breast	<b>Establish a time at T.T.</b>		
100 Breast			
200 Breast			
25 Free	<b>24.00</b>	<b>19.99</b>	
50 Free	<b>Establish a time at T.T.</b>		
100 Free	<b>Establish a time at T.T.</b>		
200 Free			
500 Free			
1000 Free			
1650 Free			
100 I.M.	<b>Establish a time at T.T.</b>		
200 I.M.			
400 I.M.			

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