

S.W.A.M. - PERSONAL GOAL SHEET

Name		Email		Date	
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S.W.A.M. wants you to enjoy workouts, stay challenged, and help you achieve your fitness goals. Use this sheet to evaluate yourself and to communicate your goals to our coaches. Revisit and update your goals as often as you like!

1 Which SWAM workouts do you attend? Check all that apply.

Monday AM	<input type="checkbox"/>	Tuesday PM	<input type="checkbox"/>
Wednesday AM	<input type="checkbox"/>	Thursday PM	<input type="checkbox"/>
Friday AM	<input type="checkbox"/>	Saturday AM	<input type="checkbox"/>

2 What is your level of swimming proficiency?

- Novice
- Intermediate
- Skilled
- New to team swimming
- New to interval training

3 What are your training goals with SWAM? Check all that apply.

- Swim Meets
- Triathlons
- Open Water
- Fitness
- Rehabilitation
- Technique Improvement
- Cross-training

Other, explain

4 Which strokes and swim events do you enjoy most? Check all that apply.

- Freestyle
- Butterfly
- Backstroke
- Breaststroke
- Individual Medley
- Sprints
- Middle Distance
- Distance

4 For your safety, please describe any injuries or other physical limitations which may affect your ability to train.

5 What would you like to accomplish this year and how can the coaches assist you?

6 Are you comfortable receiving feedback from the coaches on technique during workouts?

Yes

No

7 What is your FAVORITE type of workout, or favorite sets?

8 What is your LEAST FAVORITE type of workout, or sets?

9 Tell us more!