



Swim Meet Goal Sheets

MEET

DATE

GOALS & FOCUS FOR THIS MEET / *What are your primary goals for this meet? Getting racing experience? Racing under fatigue? Qualifying for a team?*

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PRE-MEET CHECKLIST / *During the week leading up to the meet, get yourself prepared with the fundamentals of high-performance.*

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|--|--|
| <input type="checkbox"/> Pre-race routine | <input type="checkbox"/> Racing gear (with spares) |
| <input type="checkbox"/> Nutrition plan | <input type="checkbox"/> Manage stress |
| <input type="checkbox"/> Visualize your ideal race | <input type="checkbox"/> Get comfortable with the pool |
| <input type="checkbox"/> Warm-up/warm-down | <input type="checkbox"/> Get all the sleep and rest! |

“I can only control my own performance. If I do my best, then I can feel good at the end of the day.”

– Michael Phelps

EVENT

	TIME	SPLITS				STROKE RATE
GOAL						
HEATS						
SEMIS						
FINALS						

Start 😊 😐 😞
Technique 😊 😐 😞
Finish 😊 😐 😞

Race Strategy 😊 😐 😞
Turns 😊 😐 😞
Effort 😊 😐 😞

RACE NOTES

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POST MEET CHECK-IN



No matter how the meet went, take a day or two to decompress and get some perspective, and then look under the hood of your performance.

OVERALL PERFORMANCE / *How happy are you with how the meet went? Did your performance match your preparation? Did the results line up with where you are at in the season?*

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KEY LESSONS / *What are some things you learned this weekend? What lessons can you use to prepare and race better in the future?*

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LEVEL UP / *What are you going to do in training to capitalize or improve on the results from competition?*

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