



## **AQUAJETS SWIM SCHOOL**

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## **GOAL SETTING 2020**

<b>Name:</b>	
<b>Age:</b>	
<b>Squad:</b>	
<b>Short Term Goals (3-6 months):</b>	<b>1.</b>
	<b>2.</b>
	<b>3.</b>
<b>Medium Term Goals (7-10 months):</b>	<b>1.</b>
	<b>2.</b>
	<b>3.</b>
<b>Long Term Goals (12 months):</b>	<b>1.</b>
	<b>2.</b>
	<b>3.</b>



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**GOAL SETTING 2020**

<b>Long Term Goals (2 years):</b>	<b>1.</b>
	<b>2.</b>
	<b>3.</b>
<b>Your ultimate/dream goal:</b>	<b>1.</b>

**What do you think is required to reach your short, medium and long term goals?**



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## **GOAL SETTING 2020**

**How many training sessions do you think you require to reach your short, medium and long term goals?**

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**What my coach knows is required to help me achieve these goals:**