

## Target Setting

Over the next few weeks your coaches will sit down with you and ask you about your goals for the season, (this is up until August 2019) I would like you to have at least 3 and make them tough but achievable, these are to be your goals not your parents goals, If you could send them through to me on the email below I will distribute to your coaches and they can look over and discuss with you how to achieve them. If you are unsure about how to go about this, please email me and I will be more than happy to help.

Examples could be: achieving a regional time for 100 f/c, or completing your first 200m Butterfly.

[swimming@carlisleaquatics.co.uk](mailto:swimming@carlisleaquatics.co.uk)

Regards

Myles