

Goal sheet

Name: _____

	BT	GT
50 Free		
100 Free		
50 Fly		
100 Fly		
100 back		
100/200 IM		
100 Breast		

How long have you been swimming?: _____

What made you decide to swim this year?: _____

How did you feel about your accomplishments from last season?

What do you think about your swimming training in practice so far this season?

What will it take for you to get to the next level of swimming this season (and what level is that)?

What are your 4 best events and what are your weaknesses for each?
