



Goals for Fall/Winter 2008-09



Swimmer's Name: _____

Age Group this Season: _____

-----Times you would like to achieve this season-----

50 Free: _____ 50 Back: _____

100 Free: _____ 100 Back: _____

200 Free: _____ 200 Back: _____

500 Free: _____ 50 Breast: _____

50/200 Fly: _____/_____ 100 Breast: _____

100 Fly: _____ 200 Breast: _____

100 IM: _____ 200 IM: _____

1650 Free: _____ 400 IM: _____

-----Season Goals-----

(i.e. - Conference events, JO events, Senior events, etc.)

1. _____

2. _____

3. _____

-----Name the ways you are going to achieve your goals-----

(name 3 ways)

1. _____

2. _____

3. _____

----- List 3 of your most favorite things (doesn't have to be about swimming) -----

1. _____

2. _____

3. _____