

WCAY MARLINS SWIM TEAM

Goal Sheet 2011-2012

Swimmer' Name: _____

Practice Group: _____

Age Group: 8&U 9&10 11&12 13&14 15 & UP

Personal Best Times

Event	November	December	January	February	March
Example: 50 Free	31.29	30.99	30.44	29.93	28.65

Please list two individual goals. (Example: Make Winterfest in 2 events, Make Districts)

1.

2.

Please list two practice goals. (Example: Improve starts & turns, Improve my kick, Improve my effort during practices, Lead the lane in practice....)

1.

2.

Is there anything that my coaches should know about me?

