

# Northern Lights Adult Training Squad Goal Sheet

What made you want to start NLATS?

What do you want from Adult Training Squad?

Quantitative Goals:

What do you want from your coach?

Do you want to compete with your swimming?

Yes / No

How much Technical Advice would you like?

1 2 3 4 5 6 7 8 9 10

How much motivation would you like from your coach?

1 2 3 4 5 6 7 8 9 10

How challenging of a workout are you looking for?

1 2 3 4 5 6 7 8 9 10

How often do you like technique advice?

1 2 3 4 5 6 7 8 9 10