## Long Course Season 2022 National Prep Goal Sheet

Name:	Please right down the number of practices you WILL attend each week this summer. (You will be
Age @ LC Champs:	held accountable to this number)
List 2 specific things that you want to improve:	/6
1	
2	
List 2 specific things that you are good at:	
1	
2	
What is your specific goal for this swim season? E	
List at least 5 things that you will do to help you at	chieve this goal:
2	
3.	
4.	
5.	

## National Prep Contract

I,	, understand the expectations and require	ements
that have been put forth in this	document. I agree to strive to meet these	
expectations with good effort	and to alert my coach when meeting them may	y be
difficult. I understand that wo	rking towards my groups' goals and mine is a	
partnership between myself, n	ny coach, and my parents, and that communication	ation is
very important to that partners	ship. By signing this contract, I am declaring t	that my
goals and expectations align to	those of the group. I will share my personal	goals
with my coach and I will worl	hard every day to achieve them.	
Swimmer Signature	Date	
Parent Signature	Date	