

Long Course Season 2022 National Prep Goal Sheet

Please right down the number of practices you WILL attend each week this summer. (You will be held accountable to this number)

Name: _____

Age @ LC Champs: _____

_____/8

List 2 specific things that you want to improve:

1. _____

2. _____

List 2 specific things that you are good at:

1. _____

2. _____

What is your specific goal for this swim season? By when?

List at least 5 things that you will do to help you achieve this goal:

1. _____

2. _____

3. _____

4. _____

5. _____

