Novato Riptide Swim Team – 2017 Goal Setting Worksheet

Name:_____

	Freestyle		Backstroke		Breaststroke		Butterfly		100 I.M.	
	Goal	Time	Goal	Time	Goal	Time	Goal	Time	Goal	Time
April 29 Time Trials										
May 6 Scott Valley Sea Serpents										
May 13 Sleepy Hollow Sea Lions										
May 20 Lucas Valley Lightning										
June 3 Marinwood Waterdevils										
June 10 Swimmarin Sharks										
June 17 Tidalwaves										
June 18 All-Star Meet										
June 24 Rolling Hills Stingrays										
July 8 Champs										