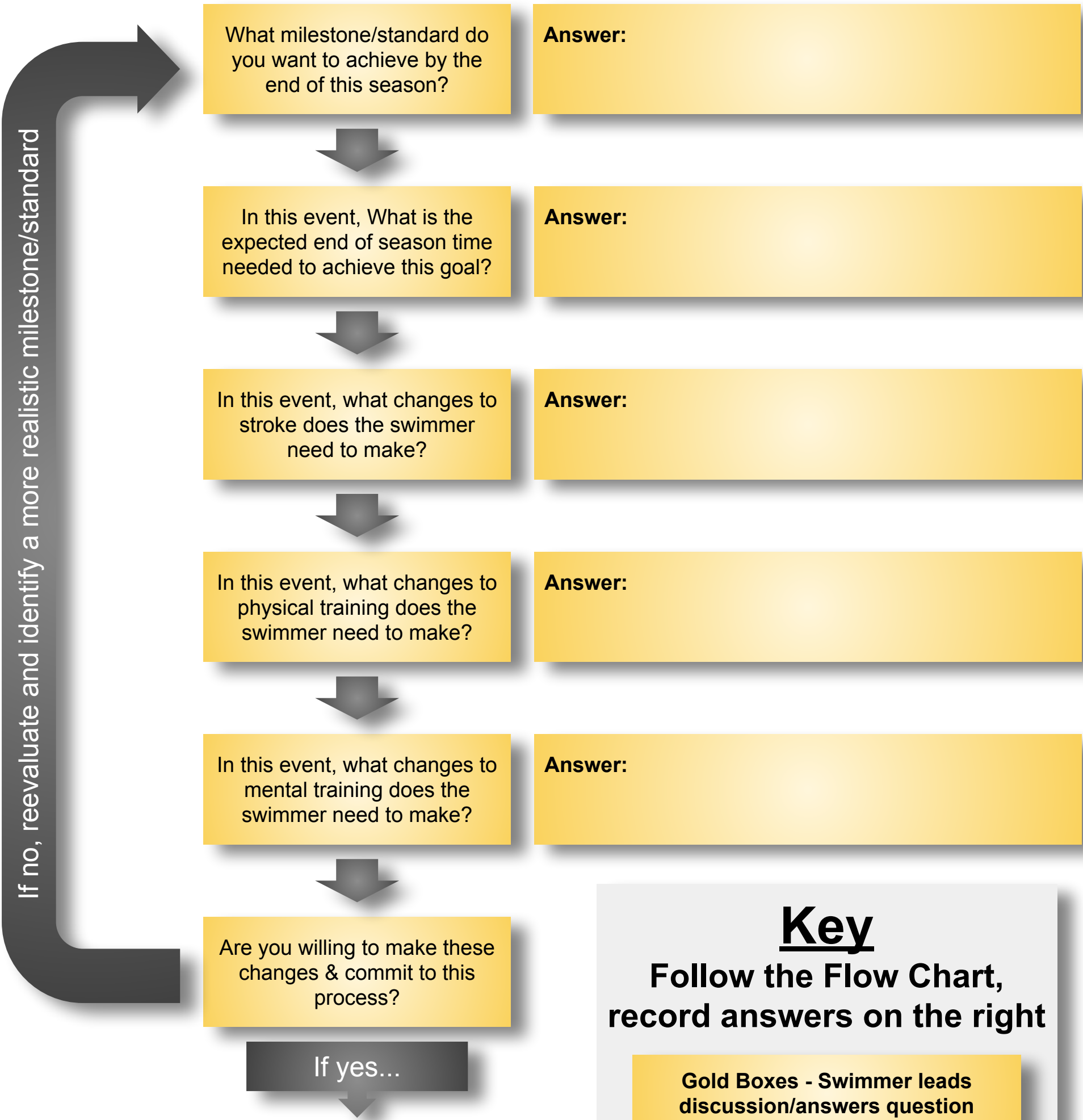


Advanced Guide to Swimming Goal Setting

Event: _____



Key

Follow the Flow Chart, record answers on the right

Gold Boxes - Swimmer leads discussion/answers question

Purple Boxes - Coach leads discussion/answers question

Let's Get To Work!