



## SAN DIEGO IMPERIAL SWIMMING SHADOW LOG

### SHADOW SESSIONS HISTORY

Trainee Name: \_\_\_\_\_ Team: \_\_\_\_\_

<u>Stroke &amp; Turn Mentor</u>	<u>Meet Referee</u>	<u>Meet Name &amp; Date</u>
1.		
2.		
3.		
4.		
5.		
6.		