

# 12 & UNDER GOAL SHEET

## LONG COURSE

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

(If you age-up to 13 this year you must do both goal sheets).

### FREESTYLE

**BEST TIME GOAL TIME COMMENTS** (goal is all stars, J.O's, blue time...)

<b>50</b>			
<b>100</b>			
<b>200</b>			
<b>400</b>			
<b>800</b>			
<b>1500</b>			

### BUTTERFLY

**BEST TIME GOAL TIME COMMENTS** (goal is all stars, J.O's, blue time...)

<b>50</b>			
<b>100</b>			
<b>200</b>			

**ON A SEPARATE PIECE OF PAPER WRITE GOALS THAT ARE NOT JUST TIMES. FOR EXAMPLE: THIS YEAR I WANT TO SWIM THE 200 FLY FOR THE FIRST TIME, OR, I WANT TO BEAT THE TEAM RECORD FOR 9-10 200 I.M., OR, I WANT ALL BLUE TIMES...KEEP THESE SHEETS, WITH COACH'S COMMENTS FOR REVIEW AT THE END OF THE LONG COURSE SEASON.**

# 12 & UNDER GOAL SHEET

## LONG COURSE

NAME: \_\_\_\_\_

### BACKSTROKE

**BEST TIME GOAL TIME COMMENTS** (goal is all stars, J.O's, blue time...)

<b>50</b>			
<b>100</b>			
<b>200</b>			

### BREASTSTROKE

**BEST TIME GOAL TIME COMMENTS** (goal is all stars, J.O's, blue time...)

<b>50</b>			
<b>100</b>			
<b>200</b>			

### INDIVIDUAL MEDLEY

**BEST TIME GOAL TIME COMMENTS** (goal is all stars, J.O's, blue time...)

<b>200</b>			
<b>400</b>			