

13 & UP GOAL SHEET

LONG COURSE

NAME: _____ AGE: _____

FREESTYLE

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

50			
100			
200			
400			
800			
1500			

BUTTERFLY

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

100			
200			

ON A SEPARATE PIECE OF PAPER WRITE GOALS THAT ARE NOT JUST TIMES. FOR EXAMPLE: THIS YEAR I WANT TO SWIM THE 1500 FREE FOR THE FIRST TIME,OR, I WANT TO BEAT THE TEAM RECORD FOR 13-14 200 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.

13 & UP GOAL SHEET

LONG COURSE

NAME: _____

BACKSTROKE

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

100			
200			

BREASTSTROKE

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

100			
200			

INDIVIDUAL MEDLEY

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

200			
400			