

12 & UNDER GOAL SHEET

SHORT 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, dec. invite, blue time...)

25			
50			
100			
200			
500			
1000			
1650			

BUTTERFLY

BEST TIME GOAL TIME COMMENTS (goal is all stars, dec. invite, blue time...)

25			
50			
100			
200			

ON A SEPARATE PIECE OF PAPER WRITE GOALS THAT ARE NOT JUST TIMES. FOR EXAMPLE: THIS YEAR I WANT TO SWIM THE 500 FREE FOR THE FIRST TIME, OR, I WANT TO BEAT THE TEAM RECORD FOR 11-12 400 I.M., OR, I WANT ALL BLUE TIMES...KEEP THESE SHEETS, WITH COACH'S COMMENTS FOR REVIEW AT THE END OF THE SHORT COURSE SEASON.

12 & UNDER GOAL SHEET

SHORT COURSE

NAME: _____

BACKSTROKE

BEST TIME GOAL TIME COMMENTS (goal is all stars, dec. invite, blue time...)

25			
50			
100			
200			

BREASTSTROKE

BEST TIME GOAL TIME COMMENTS (goal is all stars, dec. invite, blue time...)

25			
50			
100			
200			

INDIVIDUAL MEDLEY

BEST TIME GOAL TIME COMMENTS (goal is all stars, dec. invite, blue time...)

100			
200			
400			