

13 & UP GOAL SHEET

SHORT COURSE

NAME: _____ AGE: _____

FREESTYLE

	BEST TIME	GOAL TIME	COMMENTS (goal is all stars, dec. invite, blue...)
50			
100			
200			
500			
1000			
1650			

BUTTERFLY

	BEST TIME	GOAL TIME	COMMENTS (goal is all stars, dec. invite, blue...)
100			
200			

ON A SEPARATE PIECE OF PAPER WRITE GOALS THAT ARE NOT JUST TIMES. FOR EXAMPLE: THIS YEAR I WANT TO SWIM THE 1650 FREE FOR THE FIRST TIME, OR, I WANT TO BEAT THE TEAM RECORD FOR 15-16 400 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.

13 & UP GOAL SHEET

SHORT COURSE

NAME: _____

BACKSTROKE

	BEST TIME	GOAL TIME	COMMENTS (goal is all stars, dec. invite, blue...)
100			
200			

BREASTSTROKE

	BEST TIME	GOAL TIME	COMMENTS (goal is all stars, dec. invite, blue...)
100			
200			

INDIVIDUAL MEDLEY

	BEST TIME	GOAL TIME	COMMENTS (goal is all stars, dec. invite, blue...)
200			
400			