

# Walnut Creek Aquabears **Gold Group Goal Sheet** Winter/Spring 2026

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Age: \_\_\_\_\_

School/Grade: \_\_\_\_\_ Peak Meet: \_\_\_\_\_

I will be at practice these days during a typical week:	Mon	Tues	Wed	Thu	Fri	Sat
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Event	Where I am now...		Where I want to be...		How I will get there...
	Best Time	Best Time Standard	Goal Time	Goal Time Standard	Skill Improvements and Race Strategy:
200 I.M.					
200 Free					
100 Back					
100 Breast					
100 Fly					

My most impactful improvement <b>at practice</b> will be:	My most impactful improvement <b>at meets</b> will be:	The Gold Group's most impactful improvement will be:
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