YMCA of Snohomish County Barracudas

Season Goal Sheet

Name: _____ Today's Date: _____ Age: ___ Birthday: _____

School: _____ Grade: _____ Favorite Subject: _____

Specific Performance Goals for this season (set as many as you like). Use the back of the page if you need more space.

EVENT	BEST TIME	GOAL TIME	WHY IS THIS YOUR GOAL AND WHEN DO YOU WANT TO ACHIEVE IT

In as much detail as possible, please list specific technical skills you aim to improve in each stroke (more room on the back.

FLY	**BACK**
BREAST	**FREE**