SWIM LOUISIANA - ATHLETE GOAL SETTING SHEET

NAME		AGE		GRADE		SEASON	SC / LC

DIST	STROKE	BEST TIME	GOAL TIME #1	GOAL DATE #1	TIME DROP	GOAL TIME #2	GOAL DATE #2	TIME DROP	COMPETITION LEVEL
50	FREE								
100	FREE								
200	FREE								
400 / 500	FREE								
800 / 1000	FREE								
1500 / 1650	FREE								
3000	FREE								N/A
50	BACK								
100	BACK								
200	BACK								
50	BREAST								
100	BREAST								
200	BREAST								
50	FLY								
100	FLY								
200	FLY								
100	IM								
200	IM								
400	IM								