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| --- | --- | --- | --- |
| **Name:** | **Best Events** | **SCY Best Time** | **LCM Best Time** |
|  |  |  |  |
| **Season:** |  |  |  |
|  |  |  |  |
| **Age:** |  |  |  |
|  |  |  |  |
| **Email:** |  |  |  |
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| **C:\Users\darian.townsend\AppData\Local\Microsoft\Windows\INetCache\Content.Word\111.JPG** | **MY GOALS**  |

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| **Lifetime Swimming Goals/Dreams:** |
| **Non Swim Related End of Season Goals:** | **Focus Events** | **Goal Time SCY**  | **Goal Time LCM**  |
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| **Actions will I take to achieve my goals:** |

**“IF YOU WANT TO ACHIEVE SOMETHING BAD ENOUGH, YOU WILL DO WHATEVER IT TAKES.” - DT**