

Swim Meet: _____

Goal for Meet (be specific): _____

Event: _____

I'm going to focus on: _____

Event: _____

I'm going to focus on: _____

Event: _____

I'm going to focus on: _____

Event: _____

I'm going to focus on: _____

How do you feel about today's meet? _____

One thing I did really well: _____

In practice I need to work on: _____
