Swim Meet: _____

Goal for Meet (be specific):_____

_____

_____

_____

Event: _____

Focus on: _____

Entry Time: _____   Goal Time:_____   Actual: _____

Event: _____

Focus on:_____

Entry Time: _____   Goal Time:_____   Actual: _____

Event: _____

Focus on: _____

Entry Time: _____   Goal Time:_____   Actual: _____

Event: _____

Focus on: _____

Entry Time: _____   Goal Time:_____   Actual: _____

How do you feel about today's meet? _____

_____

_____

_____

_____

I need to work on: _____

I was successful on:_____