



# SWIM DOGS

## SHORT COURSE GOALS FORM

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**PRACTICE GOALS**— *List at least 3 goals that you can achieve during practices this season, (ie; lead your lane, legal butterfly, flip turns on every wall, move up FIP, move up practice groups)*

**RACING GOALS**— *List at least 3 goals that you can achieve during meets and competition this season, (ie; specific time goals, qualification meet standards goals, meet attendance, new events to try)*

**PERSONAL GOALS**— *List at least 3 goals that you can achieve during this season that aren't directly related to swimming, (ie; better grades at school, time management, organization, being more confident, trying something new)*