

Blue Group Personal Goals			Bronze Group Personal Goals		
<i>* If you entered a new age group between last season and this season, adjust your goal down one level</i> <i>* Each level increases in challenge and difficulty</i>					
Level	Last season's accomplishment...	This year's goal...	Level	Last season's accomplishment...	This year's goal...
1	Became legal in all four strokes	Swim all four strokes in competition without DQ	1	Competed at Regional Champs	Make finals at Regional Champs
2	Swam all four strokes in competition without DQ	Compete in all IMR events 10un: 100Fr, 50Bk, 50Br, 50Fly, 100IM 11-12: 200Fr, 50Bk, 50Br, 50Fly, 100IM 13up: 200Fr, 100Bk, 100Br, 100Fly, 200IM	2	Made finals at Regional Champs	Qualify for relay at Junior Olympics
3	Competed in all IMR events 10un: 100Fr, 50Bk, 50Br, 50Fly, 100IM 11-12: 200Fr, 50Bk, 50Br, 50Fly, 100IM 13up: 200Fr, 100Bk, 100Br, 100Fly, 200IM	Compete at Regional Champs	3	Qualified for relay at Junior Olympics	Compete in all IMX events 10un: 200Fr, 100Bk, 100Br, 100Fly, 200IM 11-12: 500Fr, 100Bk, 100Br, 100Fly, 200IM 13up: 500Fr, 200Bk, 200Br, 200Fly, 200IM, 400IM
4	Competed at Regional Champs	Make Finals at Regional Champs	4	Competed in all IMX events 10un: 200Fr, 100Bk, 100Br, 100Fly, 200IM 11-12: 500Fr, 100Bk, 100Br, 100Fly, 200IM 13up: 500Fr, 200Bk, 200Br, 200Fly, 400IM	Achieve individual cut at Junior Olympics
5	Made finals at Regional Champs	Qualify for relay at Junior Olympics	5	Achieved individual cut at Junior Olympics	Make finals at Junior Olympics
6	Qualified for relay at Junior Olympics	Compete in all IMX events 10un: 200Fr, 100Bk, 100Br, 100Fly, 200IM 11-12: 500Fr, 100Bk, 100Br, 100Fly, 200IM 13up: 500Fr, 200Bk, 200Br, 200Fly, 200IM, 400IM	6	Made finals at Junior Olympics	Achieve ZONE cut
7	Compete in all IMX events 10un: 200Fr, 100Bk, 100Br, 100Fly, 200IM 11-12: 500Fr, 100Bk, 100Br, 100Fly, 200IM 13up: 500Fr, 200Bk, 200Br, 200Fly, 200IM, 400IM	Achieve individual cut at Junior Olympics	7	Achieved Zone cut at Junior Olympics	Win an event and be a STATE CHAMPION!
8	Achieved individual cut at Junior Olympics	Make finals at Junior Olympics			Make finals at USA ZONES
9	Made finals at Junior Olympics	Achieve ZONE cut	8	Make finals at USA ZONES	Achieve USA Speedo Sectional cut
10	Achieved Zone cut at Junior Olympics	Win an event and be a STATE CHAMPION!			Achieve a national ranking of "Top 10" in USA
		Make finals at USA ZONES	Become National Champion in your age group or set a new National Record		

Silver Team Goals	Gold Team Goals
What are you doing today to help the team achieve these goals?	What are you doing today to help the team achieve these goals?
All swimmers strive to master walls, strokes, turns, and starts every practice	All swimmers strive to master walls, strokes, turns, and starts every practice
Remember equipment every day	Remember equipment every day
Do not delay practice or distract the lane in any way	Do not delay practice or distract the lane in any way
Avoid bathroom breaks (plan ahead or take them when they are scheduled)	Avoid bathroom breaks (plan ahead or take them when they are scheduled)
Have positive attitude	Have positive attitude
Enjoy practice	Enjoy practice
Support teammates and don't talk about teammates in a negative fashion	Support teammates and don't talk about teammates in a negative fashion
Compete in the highest level meet qualified for	Compete in the highest level meet qualified for
Win the 10 & under age group; if unable to win, top 3 finish in Ohio	Win the 11-12 age group; if unable to win, top 3 finish in Ohio
Qualify A and B relays in every age group	Qualify A and B relays in every age group