***Senior Seasonal Information Sheet Name:***

*Pre Meet Routine:*

Before a race, what is your pre-race routine?

How long do you like between warm-ups and your race? Why?

You are the number one seed going into finals. What walk out song do you pick and why?

*Last Season/This Season:*

How would you evaluate your last season?

Did you rest long enough, too much, not enough?

What are your goals for this upcoming season? (club and/or high school)

“The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. Because the brick walls are there to stop the people who don’t want it badly enough. They’re there to stop the other people.”   
― [**Randy Pausch**](https://www.goodreads.com/author/show/287960.Randy_Pausch)