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

What are you looking forward to most this season?

What did you learn about yourself last season (as a swimmer, person, etc)?

*Last Season:*

What are some key items that you worked on in your previous group or high school team that would be beneficial to carry over into your club season?

What was a typical day of training during your last season (length, volume, specialty, etc)? Did you find that something worked well/not so well?

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

“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)