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

*Club Information:*

What do you think we can do better from a training standpoint? Did you find that something worked well/not so well?

Is there something from a training standpoint you would like to see added? Why?

*Last Season:*

How would you evaluate your last season?

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

What did you learn last season? (about your swimming, about your self, etc)

“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)