**Lionfish Silver Goal Sheet**

**I would like for you to fill out the following. Please take the time to slow down and think about the mottos of the last 9 weeks of practice.**

(“Slow down, think things through”, “The power of positivity”, “Help each other out”, “Don’t sweat the small stuff” and “Begin with the end in mind”)

1. What does being a **ROYAL** mean to you?
2. Tell me 3 (or more) goals you have for school and how you are trying to accomplish them?
3. Tell me 3 (or more) goals you have for this swim season?
4. What are 3 (or more) events you want to swim this year?
5. What are your 2 favorite strokes and 2 strokes you feel you need to most work on?
6. Tell me 3 (or more) things you would like to learn while in the Lionfish Silver group?