



GOAL SHEET

NAME			
AGE	GRADE	BIRTHDAY	

MAJOR SEASON OBJECTIVES

GOAL MEET

EVENT	PERSONAL BEST		MID SEASON GOAL		SEASON GOAL		2 YEAR GOAL	
200 FREE								
200 IM								

WEAKNESSES

STRENGTHS

NEW TRAINING/SKILLS

PRACTICE COMMITMENT	MON TUE WED THU FRI SAT SEP OCT NOV DEC JAN FEB MAR APR MAY JUN JUL AUG
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Signed _____

Date _____