

ORINDA AQUATICS

Senior Group Meeting: 2016-17 Season



4 Questions

Name (print)	Cell #
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What 3 things are most important in your life and briefly why (in order) – family, bad TV, drama, faith, school?

1)

2)

3)

Additional:

What personal (growth) qualities would you like to (or need to) improve? What actions might you take?

1)

2)

3)

What do you want personally from swimming- friendships, abs, social, discipline, exercise, recognition, etc ?

1)

2)

3)

In what ways do you want to improve as a swimmer. What do you want help with most.

1)

2)

3)