

ORINDA AQUATICS

Senior Group Meeting: 2016-17 Season



Swimmer Info/Data Input

Attendance – what is your attendance plan. Any conflicts we should know about.

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Training – how will you train better/harder this year

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Technique – what will you focus on and try to improve

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Academic – how is your school load and academic stress

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College – if applicable

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Family – anything you want to share about your family

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Personal – anything about you personally you would like to share

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