

Blazing Barracudas 2022 – 23 Goal Sheets

Pre-Senior/Senior Groups

Name _____ Grade _____

Other activities/interests _____

Ultimate desired level of performance (circle one):

Skill & Fitness Local Level Racing State/Regional Level Racing National/Collegiate Level Racing

List three stroke improvements to focus on during the next three months:

Stroke	Improvement #1	Improvement #2	Improvement #3
Butterfly			
Backstroke			
Breaststroke			
Freestyle			

Three goals to achieve before/during December 2022:

1. _____
2. _____
3. _____

Three goals to achieve by March 2023:

1. _____
2. _____
3. _____

Two things you expect to contribute to your team:

1. _____
2. _____

List your goal times for the following events and the splits you need to achieve your goal times:

Event	Best Time	Goal Time	Goal Splits
100 Fly			
100 Back			
100 Breast			
100 Free			
200 Fly			
200 Back			
200 Breast			
200 Free			
200 IM			
400 IM			
500 Free			
1000 Free			
1650 Free			