



11 & 12 year old – Goal Sheet

SWIMMER:

COACH:

DATE:

TIME GOALS (this season):

- **50 Free:**
- **50 Back:**
- **50 Breast:**
- **50 Fly:**
- **100 Free:**
- **100 IM:**

TECHNIQUE GOALS:

- 1.**
- 2.**
- 3.**

Overall Season GOALS:

- ✓
- ✓

ULTIMATE GOAL (LONG TERM):



Historical Best Times:

- **50 Free:**
- **50 Back:**
- **50 Breast:**
- **50 Fly:**
- **100 Free:**
- **100 IM:**