



## 13 & 14 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: