



15 - 18 year old – Goal Sheet

SWIMMER:

COACH:

DATE:

TIME GOALS (this season):

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

TECHNIQUE GOALS:

- 1.
- 2.
- 3.

Overall Season GOALS:

- ✓
- ✓

ULTIMATE GOAL (LONG TERM):



Historical Best Times:

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