ASC Group 3 Goal Sheet for SCY 22-23 Season Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- |
| Event | PR/date swum | Season-end goal | Standard for which it qualifies | List technical/strategic goals in this race |
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List three practice-management habits that will assist you in pursuit of your goals:

1.

2.

3.

List three invisible training habits that will assist you in pursuit of your goals:

1.

2.

3.

List three ways you intend to contribute to the team:

1.

2.

3.

Outline your intended practice schedule:

List meets you plan to attend: