Phoenix Swimming Goal Sheet

Name:_____

Answer the following questions as completely as you are able. Please check with me, Virginia Swimming's web-site, or web-site, or the bulletin board if you are looking for Age-Group/Senior/Jr. Nationals Qualifying times or other time standards.

1. **What are your individual goals for this season?**

2. **What are your team goals for this season?**

3. **What is your plan to reach these goals?**

4. **What do you need from me in order to help you accomplish your goals?**