

GREEN MOUNTAIN AQUATICS: Senior, Sectional and National Group Goals

NAME: _____

DATE: _____

Event	PB Time	PB Splits	End of season Goal time	End of season Goal splits	Technique & racing strategy needs	Technique focus goals	Training focus goals

GREEN MOUNTAIN AQUATICS: Senior, Sectional and National Group Goals

1. What is your long term swimming dream? What is your long term life dream?
What are you willing to do to achieve your dreams?

2. What are your plans for college swimming?
What do you need to do to prepare yourself for college swimming?

3. What are your end-of-season goals?
What are you willing to do to achieve your goals?

4. What leadership needs to see in the team? What leadership roles will you play this year?

5. What goals do you have for the team this season?
What are you going to do to help the team achieve these goals?