

SWIMMER'S GOAL SHEET
Long COURSE 2009
May - Aug



SEASON GOALS

Event	Current Best Time	Intermediate Goal	Final Meet Goal
50 Free			
100 Free			
200 Free			
400/500 Free			
800/1000 Free			
1500/1650 Free			
50 / 100 Fly			
200 Fly			
50 / 100 Back			
200 Back			
50 / 100 Breast			
200 Breast			
200 I.M.			
400 I.M.			

Pick three specific events and times that you're looking forward to achieving this season, write them down somewhere that will make it easy for you to look at them at least 3 times per day.