

# Centennial High School Swimming and Diving Team

## Goal Sheet

2009- 2010

(Please fill out completely)

First\ Last Name: \_\_\_\_\_

Year: \_\_\_\_\_

Swimming Experience: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please fill in times for all events that you have participated in the past:

<b><i>Event:</i></b>	<b><i>Best Time:</i></b>	<b><i>Goal Time:</i></b>
<b>50 Free</b>		
<b>100 Free</b>		
<b>200 Free</b>		
<b>500 Free</b>		
<b>100 Back</b>		
<b>100 Breast</b>		
<b>100 Fly</b>		
<b>200 IM</b>		

- How will you achieve your goals?
  
- What are you going to focus most on this swim season?
  
- How can Coach Morrison and Coach Megan help you accomplish your goals?