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| Swimmer **MONTGOMERY HIGH SCHOOL**SWIMMING  Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  1. Events I wish to compete in this year: 2. Goals I will attempt to reach:  Event:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time:\_\_\_\_\_\_\_\_\_ Event:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time:\_\_\_\_\_\_\_\_\_  Event:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time:\_\_\_\_\_\_\_\_\_   1. My season goals include: 2. Some of the ways I could reach my goals are:   1.  2.  3.   1. One thing I need to do in practice is: 2. Coach Scarpa: (write anything you feel like saying to me, even if it’s just, Hi!) |