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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!)
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