

BETT SWIMMER GOAL SHEETS**2008-09**

Swimmer Signature: _____

Swim Group: _____

Parent Signature: _____

Freestyle

| | | | | | | | |
|-----------|----|----|-----|-----|-----|------|------|
| | 25 | 50 | 100 | 200 | 500 | 1000 | 1650 |
| Best Time | | | | | | | |
| Goal Time | | | | | | | |

- List 3 Items Needed to Work On:
1. _____
 2. _____
 3. _____

Backstroke

| | | | | |
|-----------|----|----|-----|-----|
| | 25 | 50 | 100 | 200 |
| Best Time | | | | |
| Goal Time | | | | |

- List 3 Items Needed to Work On:
1. _____
 2. _____
 3. _____

Butterfly

| | | | | |
|-----------|----|----|-----|-----|
| | 25 | 50 | 100 | 200 |
| Best Time | | | | |
| Goal Time | | | | |

- List 3 Items Needed to Work On:
1. _____
 2. _____
 3. _____

Breaststroke

| | | | | |
|-----------|----|----|-----|-----|
| | 25 | 50 | 100 | 200 |
| Best Time | | | | |
| Goal Time | | | | |

- List 3 Items Needed to Work On:
1. _____
 2. _____
 3. _____

Individual Medley

| | | | |
|-----------|-----|-----|-----|
| | 100 | 200 | 400 |
| Best Time | | | |
| Goal Time | | | |

- List 3 Items Needed to Work On:
1. _____
 2. _____
 3. _____

Instructions:

1. Goal Times should reflect goals for the short course season ending in March, 2009.
2. Best Times...can be gotten from the USA Swimming link on this page. Go to “find individual times...type in name...make sure to include length of course (25-yd or 50-mt) and best times. Times will then open.
3. List up to 3 areas you need to work on to aid in achieving your goal times.
4. Turn this sheet into your coach(es). Make a copy for the swimmers. If unable to make a copy...give to Barry and ask for him to make a copy...will put this back in swimmer folder.