

## Goal Sheet

Three Individual events you would like to swim

- 1.
- 2.
- 3.

Three goals or more you would like to achieve this season.

- 1.
- 2.
- 3.

High School events events in order

200 Medley Relay (4 x 50 yds Back Breast Fly Free )  
200 Freestyle  
200 Individual Medley (50yds of each Fly Back Breast Free )  
50 Free  
Diving  
100 Butterfly  
100 Freestyle  
500 Freestyle  
200 Freestyle Relay  
100 Backstroke  
100 Breast Stroke  
400 Freestyle Relay ( 4 x `100yds )