

Name: _____

Rank the events in order of preference to focus on this season (1-8). Then make a goal time for each event.

<u>Individual Events</u>	<u>Best Time</u>	<u>Goal Time</u>
_____ 50 Freestyle	_____	_____
_____ 100 Freestyle	_____	_____
_____ 200 Freestyle	_____	_____
_____ 500 Freestyle	_____	_____
_____ 100 Butterfly	_____	_____
_____ 100 Backstroke	_____	_____
_____ 100 Breaststroke	_____	_____
_____ 200 Individual Medley	_____	_____

Goals for this season (be specific with times and/or results):

I want to work on the following this season:
