

My Dream Sheet

“Dream it, Believe it, Work it, Achieve it”



Any worthy endeavor starts with a goal. What are yours? In sports, sometimes goals aren't spoken openly for fear of failure. "Failure is success turned inside out-the silver lining of the cloud of doubt". If you haven't failed, you haven't tried. Let's begin your diving journey!

Your answers will most likely change as you understand more about your journey & as you progress & your confidence soars. Your dreams/goals remain between coach & athlete - only you can share.. This open, honest communication is important to your success & helps your coach, coach you!

HIGH SCHOOL

Learn 6 dives to compete in dual meets / /

Learn 11 dives to compete in Championship events / /

Qualify for Championships / /

Regionals: Finish top 12 / / top 6 / / Win / /

States: Make it / / top 12/ / top 6 / / Win / /

USAD & AAU

Qualify by score for AAU Nationals (3 times) / /

Qualify by place for AAU RWB National Meet / /

Place top 6 at AAU Nats / / Win / /

Qualify by place to compete in USAD Zones / / Nationals / /

Place in top 12 @ Zones / / top 6 / / Win/ /

Place in top 12 @ Nats / / top 6 / / Win / /

COLLEGE & OLYMPICS

Be accepted to a Div I diving program / / Div 2 / / Div 3 / /

Qualify for College Zones / / Qualify for College Nats /

Make Olympic Team / / Win / /

Your name _____ Date _____

