**Unlock Your Potential!!**

Name

Age Birthday

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Current Time** | **By December** | **By March** | **By May** |
| 50 free |  |  |  |  |
| 100 free |  |  |  |  |
| 200 free |  |  |  |  |
| 500 free |  |  |  |  |
| 1000 free |  |  |  |  |
| 1500 free |  |  |  |  |
| 50 back |  |  |  |  |
| 100 back |  |  |  |  |
| 200 back |  |  |  |  |
| 50 breast |  |  |  |  |
| 100 breast |  |  |  |  |
| 200 breast |  |  |  |  |
| 50 fly |  |  |  |  |
| 100 fly |  |  |  |  |
| 200 fly |  |  |  |  |
| 100 IM |  |  |  |  |
| 200 IM |  |  |  |  |
| 400 IM |  |  |  |  |

Top 3 primary events you want to focus on:

What do you want to accomplish/learn in swimming this year?

3 things you will do in practice to meet your goals.

3 things you have done well this last month.

Anything you want the coaches to know.