



# Grosse Pointe South Boys Swim & Dive

## 2023-24 Goal Sheet



Taking the time to map out your past accomplishments and future goals as a swimmer/Diver is crucial to your success. Please take some time to think about and record some goals to target this season. Please give yourself and the coaches as much detail as possible to help make this a successful season for you and the team.

**Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **# Years swimming/diving competitively:** \_\_\_\_\_

During which seasons of the year do you swim/dive, and for what teams? \_\_\_\_\_

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Until now, what has been the highlight of your swimming/diving career? \_\_\_\_\_

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Please describe your personal goals for the current varsity swim/dive season:

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Please describe any long-term goals you have for yourself, in your swimming/diving career:

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EVENTS	FAV.	Best Time	Goal Time
200 FREESTYLE			
200 IND. MEDLEY			
50 FREESTYLE			
100 BUTTERFLY			
100 FREESTYLE			
500 FREESTYLE			
100 BACKSTROKE			
100 BREASTSTROKE			
50 Free (relay split)			
50 Back (relay split)			
50 Breast (relay split)			
50 Fly (relay split)			
100 Free (relay split)			
Diving			

Please describe actions you are going to take daily/seasonally to work towards the goals listed above:

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