

RVHS Swimming Individual Goals for 2018-19: BOYS TEAM

Last	First	Goal 1	Goal 2	Goal 3
Bruce	Leo	Drop 1 second in 50 free	Win a race	Be at every meet
Byer	Dylan	Regionals for back	Improve underwaters	Consistently drop time
El-Aassar	Ali	Sub 1:00 in 100 back	Sub 5:30 in 500 free	Have fun!
Feit	Josh	Make a B Relay	Improve Kick	Know everyone's name
Ferguson	Zach	Regionals for breast	2:20 for 200 IM	Sub 5:30 in 500 free
Gerstl	Otto	At least 3 state cuts	Underwater past flags every time	Sleep 7+ hours per night
Ghods	Nick	53 in 100 free	Qualify for post-season	Never miss another event
Gomez	Samuel			
Habersaat	Colin			
Iglesias	Justin	State cut in fly	Top 3 in fly at regionals	Regionals in something other than fly
Joo	Edward	1:05 in 100 back	Place in events at meets	Improve underwaters
Joo	William	Sub 1:10 in 100 Breast	Make Post Season	Stretch more/don't cramp
Kahng	Vincent	Sub 1:00 in breast	State finals	Consistently drop time
Kopac	Chris	State cut in every event swum	A Finals at states	Underwater past flags every time
Lee	David	55 for 100 Free	Make 2 B relays	Swim in 50 free in a meet
Lippy	Brock	Make States for 4th straight year	22.5 in 50 Free	Know every guy's name on the team
Maller	Craig	Under 40 for 50 breast	Drop 10 seconds in 200 free	Improve underwaters
McCummings	Jackson	Break 58.00 in the 100 breast at states	Top 3 in breast at states	Sub 48 in 100 free
Nguyen	Alex	Sub 25 in 50 free	Sub 1:00 in 100 free	3-4 dolphin kicks off every wall
Quan	Robert	All-American time in 200 free	Top 3 at states	
Quiros	Anton	Sub 26 in 50 free	Get on a B relay	Swim in 50 free in a meet
Satterfield	Chris	Sub 6:00 in 500 free	Sub 27 in 50 free	
Silpacharn	Pawon	Sub 57 in 100 Back	Sub 23 in 50 Free	Sub 50 in 100 Free
Sporre	Matthew	Sub 26 in 50 free	57 in 100 free	Improve breathing
Steinman	Charlie	Drop 2 seconds in 50 free	Place in events at meets	Keep up with my friends
Szilagy	Christian	Top 16 at States	Swim in a relay at states	Set a team record
Tran	Johnathan	Sub 1:02 in back in regular season	Sub 54 in free in regular season	Sub 1:00 in fly in regular season

RVHS Swimming Individual Goals for 2018-19: GIRLS TEAM

Last	First	Goal 1	Goal 2	Goal 3
Alcarese	Anne	Make it to States	1:02.00 in 100 Back	Qualify for states in freestyle
Arciniega	Angelina	Breathe every 3-5 strokes	Continually drop time	Get good grades (A/B)
Bae	Ashley	Sub 2:00 in 200 free; 55 in 100 free, 1:10 in 100 breast	5 State cut times & All American in 400 Free Relay	Better turns (breathing in, underwaters, breathing out), Eat healthier
Barmak	Macy	Qualify for Regionals	Qualify for States	Manage time well
Body	Taylor	Make it to post season	Perform at my highest ability	End last season feeling like I tried my hardest
Crook	Hannah	Drop 30 seconds over the season	Qualify for post-season	Improve turns and underwaters
Dayyani	Ainsley	Qualify for States with 5A cut times	Improve time management	Get at least 6 hours sleep per night
Greig	Morgan	Qualify for states in 4 events	Breath control - breathe less	At least 5.5 hours sleep per night
Haast	Mikaela	Stay healthy	Don't stress	Be positive
Kahng	Isabelle	Better than 1:12.00 in 100 Breast	Take 3 strokes off every wall before breathing	7+ hours of sleep per night
Karami	Renuka	5:50 for 500 free	Personal best in 100 fly	Personal best in 200 free
Kinstle	Betsy			
Kopac	Allison	State cut in every event swum	Win states in at least one individual event	Win at least one state relay
Lewis	Kierany	Drop 1+ second in 50 free	Know everyone's name	Improve relay start
McCummings	Delaney	Qualify for states	Sub 1:03.29 in back	Improve tempo
Nguyen	Claire			
Olsen	Emily	Qualify for Districts	A/B Honor Roll	Eat Healthier
O'Such	Claire	Qualify for Regionals	Eat healthy	Get good sleep
Paliwal	Shreya	3 dolphin kicks off every wall	Drop 2 seconds in 100 free	A+ or A in all classes
Pham	Jordan	Make States in 50 Free	Make Regionals in 100 Free	Relay spot in Post Season
Porter	Claire	Make States in back & fly	Improve EVERY meet	Improve (faster) turns
Ramirez	Chloe	State cut in Fly	Regional cut in 500 free & 200 IM	FLIP TURNS every time at practice
Sawyer	Katie	Make Districts	1:13 in 100 Fly	2:47 in 200 IM
Sullivan	Angela	Make it to States	Improve endurance	
Vargas	Maddie	Sub 28 in 50 free	Better than 1:11.00 in 100 back	Just do my best and not be upset
Ye	Hannah	Better than 1:08.00 in 100 Breast	Better than 2:14.00 in 200 IM	A Final in 2 events at states