

RVHS Swimming Individual Goals for 2018-19: BOYS TEAM

Last	First	Goal 1	Goal 2	Goal 3
Barmak	Greyson	Make regionals in 100 fly and/or 50 free	Start on JV Lacrosse	Straight A's for the year
Bruce	Leo	6:00 or better in 500 free	B or better in Chemistry	Improve freestyle technique
Byer	Dylan	Make regionals	500 time of	4.0 GPA or better
El-Aassar	Ali	Sub 58 in 100 back	Sub 53 for 100 free	manage high school swim and academics
Feit	Josh	Improve butterfly kicks off of starts and turns for freestyle and backstroke so that I am consistently doing 4-5 kicks off of walls	Have an A in AP Lang by the end of the school year	Get 7-8 hours of sleep per night consistently
Ferguson	Zach	Regionals in breast	Better learn Java and Python languages	Earn Eagle Scout rank
Garner	Cooper	Drop 5+ seconds in 200 IM	Finish semester with all A's	Make baseball team
Gerstl	Otto	Sub 21.60 in 50 free	Know the name of everyone on the team	Top 5 finish at States
Ghods	Nick	Sub 59.0 in 100 free	Sub 1:00 in 100 fly	On non swim days I will try to sleep before 9 making sure to have finished all of my homework. On swim days try to sleep right after practice making sure homework is completed before hand. Finding a routine like this will lead me to success
Gomez	Samuel	Drop 4 seconds in 100 free	Increase stroke tempo	All grades C or better for the semester
Habersaat	Colin	Make the post season in at least one event	Attend every practice and meet	94 or higher in PreCalculus
Hong	David	1:09 in 100 Breast	Eat more healthily	Improve time management
Iglesias	Justin	Make States	Straight A's for the whole year	To be a better teammate and make everyone's year enjoyable
Iglesias	Matthew	50 Breast split of 29.5 or better	A in Spanish	Better manage time to do homework
Joo	Edward	1:05 or better in 100 back	Straight A+s for the semester	Don't get sick during the season
Kahng	Vincent	Sub 1:00 in 100 breast	Not breathe off the walls and at least 4 dolphin kicks per wall.	Know everyone on the team
Kopac	Chris	Top 8 in 2 individual events at states	Qualify for states in all individual events I swim in the regular season	4.5 GPA
Lee	David	Sub 1:00 for 100 free	Don't drop to knees in planks	B- or better in all classes
Lu	Max	Drop my 100 Y SC Freestyle time below 56	Maintain an A in Intro to AP World History	Challenge myself and volunteer for something new
Maller	Craig	32.0 in 50 breast	8 hours of sleep every night	5+ underwaters and no breathing off walls
Nguyen	Alex	Sub 25 for 50 free	Subb 55 for 100 free and sub 1:00 in 100 fly	Consistently track and maintain health nutritious
Quan	Jacob	Make 2 state cuts - 200 & 100 free	1:04 in 100 breast	Try to get to know everyone as much as I can.
Quan	Robert	All American in 200 free	All American in 100 back	Get to know everyone on the team
Satterfield	Chris	Sub 2:10 in 200 free	Sub 1:00 in 100 fly	
Sporre	Matthew	Achieve a 24:50 second 50 free	54.0 in 100 free	Be seen as a good sport and respectful teammate
Steinman	Charlie	Qualify for post-season	Fix 3D printer	End with a 4.2 GPA
Szilagyi	Christian	A finals at states	Sub 48.0 in 100 free	Do more drylands to improve core and strength
Tran	Brandon	1:09 in 100 breast	Pre-AP grade to ??	Eat a healthier diet
Tran	Johnathan	Make regionals	Sub 1:00 in 100 back	Sleep at least 7 hours per night

RVHS Swimming Individual Goals for 2018-19: GIRLS TEAM

Last	First	Goal 1	Goal 2	Goal 3
Arciniega	Angelina	Below 2:15 in 200 free	All A's	Eat healthier -- less junk food and sweets
Bae	Ashley	Make states in at least one event	4 underwaters off of each wall	Win the plank challenge at boys vs girls meet
Barmak	Macy	Make regionals	Straight As for final grades	Improve endurance and be able to keep up at practice
Crook	Hannah	Below 1:20 in 100 breast & Below 28 in 100 free	Earn varsity letter	Maintain a 3.7 or higher GPA
Dayyani	Ainsley	Sub 1:00 in 100 Fly	Qualify for states in dual meets	Get more than 7 hours of sleep per night
Elias	Isabel	100 fly time of 1:01.00	Improve upper body strength	All A's and B's
Greig	Morgan	Make states in at least one event	Get Starbucks less because it is unhealthy	Know everyone on the team
Haast	Mikaela	Sub 1:00 in 100 Fly & 100 Back	State cut in 100 Fly & 100 Back	Be more confident and positive in my swimming ability
Kahng	Isabelle	Sub 1:11 in 100 breast	Regionals in 100 breast	Don't eat or drink sugar/junk foods
Karami	Renuka	Improve (??) freestyle	AB Honor Roll	Get better at the plank challenge
Kinstle	Betsy	Break 6:30 in 500 free	Do the plank challenge at home	Eat at least 3 fruits and vegetables per day
Kopac	Allison	Win an individual event at states	Get enough sleep during high school swim season	Be able to do 3 underwaters off each tun in my 500
Martin	Abigail	Improve underwaters and do at least 5 butterfly kicks off the wall at practice	Above 4.0 GPA	Improve sleep schedule and go to bed before midnight every night
McCummings	Delaney	1:00 or faster in 100 back	At least 7 hours of sleep per night	3 b) make friends with all the freshmen 3 c) power of positivity
Ogango	Layla	Break 27 in 50 Freestyle. I hope to reach a 26 or lower to make states and benefit in the relays.	Be consistent in my training and to challenge myself, setting high expectations in the exercises I do, to strengthen and build me up (in benefit for technique as well)	Improve my sleeping habits so I have better results at both practices and meets.
Olsen	Emily	Sub 1:14 in 100 back and free	Cut out junk food/desserts to lose 8 pounds	All A's and B's for the second quarter
O'Such	Claire	1:13.00 in 100 breast	Improve grades from last quarter	Get more sleep and eat better
Paliwal	Shreya	Drop 2 seconds in 500 Free	Maintain 4.53 GPA	Become goth
Pham	Jordan	25.3 in 50 free	1:01 in 100 fly	7 hours of sleep at least 4 nights per week
Porter	Claire	Make regionals	Explore a new sport/activity	Get good grades (mostly As) and visit colleges
Ramirez	Chloe	5:35 in 500 free	A- in Calculus	7.5 hours of sleep per night
Ramirez	Sidney	5 kicks off each wall	Get a 22 or 23 minutes for XC.	
Sessions	Kylee	1:06 in 100 Breast	2:11 in 200 IM	Straight A's
Sullivan	Emma	Better than 1:08 in 100 fly	End my first semester grade in Spanish with at least a 93 or above	Stay more on top of my work and assignments, so basically end procrastinating.
Sullivan	Gabriella	Better than 1:05 in 100 fly	Finish trig with at least an A-	To be prepared for all my classes (not
Vargas	Maddie	Sub 1:00 in 100 free	Improve endurance	Maintain a B in Spanish
Ye	Hannah	States in 100 breast	Sub 2:11 in 200 IM	Don't hurt myself (falling, tripping, stumbling,