

RVHS Swimming Individual Goals for 2016-17

Last	First	Goal 1	Goal 2	Goal 3
Bae	Ashley	Go below 1:00 in 100 back	Make states in 200 IM	Work on stroke tempo
Barmak	Taylor	59.0 in 100 fly	Sub 6:00 in 500 free	States relay team
Body	Taylor	Make states	Go 25.0 in 50 free	Drop 3 seconds in 100 back
Boswell	Yasmine	Make it to states	Drop time in all events	Work on the speed of my flip turns into better under waters and breathing less in my races.
Bruce	Grace	Learn more about how to swim correctly.	Drink more water.	Improve endurance - swim a 500 properly without stopping
Chin	Ray	1:04 in 100 back and swim at regionals	2:31 in 200 IM and swim at regionals	Stay on top of my homework and go to bed at 11:45 pm at the latest.
Colas	Elise	Improve my stroke's technique in order to swim faster.	Give 100% during the training and the meeting.	Manage my time in order to rest a maximum.
Coyle	Mason	Swim a 23.1 in 50 free	Swim a 55.0 in 100 free	State finals in 50 free
Dayyani	Ainsley	Make states in the 500 free by using flip turns and underwater to my advantage in order to cut about 14-15 seconds off my best time.	Get down to a 25.7 in the 50 free by minimizing the amount of breaths I take per lap and having a stronger back have of my race.	Make states in more than one relay by pushing myself to go best times in my split and encouraging my relay teammates to do the same.
Ferrus Ferri	Carlos	Make a States time in at least one event by the end of the season	Breathe every other stroke, even in the 500 (including not breathing the first stroke after a pull out and between the flags and the wall).	Do the whole 100m freestyle sprint (without decaying at the end).
Gerstl	Otto	Go past the flags on the walls at all meets	State cut in 500 free	Be supportive of all teammates at meets
Gomez	Samuel	Sub 25 in 50 free	A "clean" 500 free	
Greig	Morgan	Make it to states in 100 breast	Make it to states in 50 free	Drop at least 2 seconds in 100 free
Haast	Mikaela	Make 2 individual state cuts	Improve in 100 fly (sub 1:00).	Be in a winning relay at states.
Joo	William	Get under 1:12 in 100 breast	Under 2:10 in 200 free	Drop at least 2 seconds in one event each meet
Kahng	Vincent	Go to states in 100 breast		
Kahng	Isabelle	Go to regionals	At least 7 hours of sleep per night	Drop 3 seconds in 100 breast
Kamgar	Kasra	Improve my times	Move up a lane in practice	Get more physically fit
Kamgar	Keyhan	Drop 3 seconds in every event	Become physically stronger	Do flip turns every time in practice
Kane	Jacob	Make states in 100 breast		
Koo	Noah	Qualify Medley and 200Free relay for states during regular season by dropping time we are currently 0.89 seconds off of the State time in the 200Free relay and roughly 2-3 seconds off of the Medley relay.	Get enough sleep and go a 56-57seconds in 100fly this year and 22 mid for 50 free	To always be positive regardless of outcome and have an optimistic outlook and uplift/motivate everyone on the team. I would like to make enforce this goal by having someone watch me during my race and give me feedback during meets or videotape my race so I can see what to improve (in particular to master straight arm free) and for me to do the same and watch at least 3 different swimmers race every meet to give them advice about what they did well and what they could improve on.
Kopac	Allison	Win an event at states		
Lind	Jack	Drop 3 seconds and make states in back	Sub 6:00 in 500 free	Drink more water
Lind	Madelyn	Don't breathe inside the flags	Make it to regionals	
Lippy	Brock	Swim at least a 24.50 in 50 free	Make it to states in the 200 free relay	Swim a sub 1:00 in 100 free
McCummings	Jackson	Achieve the state cut time of 50.99 in the 100 free. In addition breaking 50.00 seconds in the event.	Break one minute in the 100 fly.	Make the state cut in 200 free and 200 IM
McCummings	Delaney	Sub 1:00 in 100 free	Make regionals	Make states
Merz	Emma	Make regionals	Get at least 7 hours of sleep per night	Drink 2 bottles of water per day
Nguyen	Claire	1:47 in 200 free	56.0 in 100 fly	Qualify for states in 2 relays
Obaid	Ayshah	Go below 30 seconds in 50 free	Don't breath between flags	Know everyone's name on the team
Oh	Rebecca	Drop time in at least half the meets	Qualify for states in an individual event	Drink a lot of water
Olsen	Caitlin	Drop 20 seconds in the 500 free	Qualify for states in the 500 free	Lose 10 lbs and gain it back in muscle
Olsen	Emily	Mke it to regionals	Make it to an A relay	Drop a total of 20 seconds in the season
Pham	Jordan	1:04 in 100 back	States in 2 relays	States in 50 and 100 free
Pla	Tyler	Sub 1:17 in 100 breast	24 seconds in 50 free	Lower goals by 1 second every time I hit a goal
Proano	Maria-Emilia	Sub 8:00 in 500 free	Learn everyone's name	Win a race
Probus	Kaitlin	Give 110% at practice	Improve all times	Eat right and hopefully lose a little weight
Ramirez	Chloe	Swim under 5:40 in the 500 free	Make states in a relay	1:02 in 100 fly
Schierling	Matthew	Break 1:00 in 100 free	Participate in 2 events at regionals	Eat healthier
Silpacharn	Leo	Go below 1:05 in 100 back	Go to states for 100 back	Go to states in 200 medley relay
Srinivasan	Srutha	Get 1:03 on 100 fly	6:00 on 500	go to states
Stockov	Cheney	Sub 30 in 50 free	Make regionals	Drop time in 100 free
Streeter	Ellie	Make states (500, breast, or back)	Sub 6:00 in 500 free	Be a positive and encouraging captain.
Tran	Johnathan	Go below 1:03 in 100 back	Go 56 seconds in 100 free	Swim a legal breaststroke
Trent	Julie	Better at backstroke	Make it to regionals	Drop 3 seconds in breaststroke
Webb	Margaux	Drop at least 3 seconds in all events	Make it to states in a relay	Make it to states in an individual event
Ye	Hannah	Top 3 at regionals in an event	Top 5 at states in breast	A final at states in relay