



# SAN DIEGO AQUATIC CLUB

## 2010-2011 SHORT COURSE GOAL SHEET—AG DEVELOPMENT & AG PERFORMANCE

Please complete the following information and return to your coach.

Swimmer's Name: \_\_\_\_\_

Swimmer Age: \_\_\_\_\_ Will you age up during the season? \_\_\_\_\_

### Goal Times

Event	LC Time May 10	LC Time August 10	LC Season Improvement	SC Time April 10	Mid- season Goal	Goal SC Time April 11
50 Free						
100 Free						
200 Free						
400/500 Free						
50 Breast						
100 Breast						
50 Back						
100 Back						
50 Fly						
100 Fly						
100 IM						
200 IM						

**Please list 3 practice goals:** *(attendance, dryland, mental attitude, reading the clock, etc.)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Please list 3 meet goals:** *(mental focus, nutrition/hydration, race strategies, etc.)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Please list 3 other goals:** *(academic, personal interests, family, etc.)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_