

Woodbury Royals Boys Swimming
Information & Goal Sheet
2018-2019

Name: _____

Grade: _____

Parents: _____

Your Email: _____

Parent(s) Email: _____

Favorite Events: _____

Goal Times:	50 Free	_____	100 Back	_____
	100 Free	_____	100 Breast	_____
	200 Free	_____	100 Fly	_____
	500 Free	_____	200 I.M.	_____

What are your goals for the season? You can break them down into early, middle and end of season goals.

What are some roadblocks to achieving these goals?

What are solutions to these roadblocks?

Please list 2 academic goals you have for this school year (grades, homework, and use of time):

Please list 2 personal goals you have for this season (sleep, nutrition, friendships):
