



Swimmer's Goals

Although the concept of swim team is a team sport, it is also a very individual sport. Each swimmer has their own strengths or skills they'd like to improve on or focus on as a new skill. Please list below what strokes are your strongest in order of ability. Then add any comments you like and convey what skills you would like to improve on.

Swimmer's Name: _____

Preferred Method of Last Minute Changes (put number in order of skill ability):

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Freestyle | <input type="checkbox"/> I'm usually on the Freestyle Relay Team |
| <input type="checkbox"/> Backstroke | <input type="checkbox"/> I'm usually on the Medley Relay Team (what stroke?) |
| <input type="checkbox"/> Breaststroke | |
| <input type="checkbox"/> Butterfly | |

Skills I'd like to improve on: _____ _____ _____ _____ _____ _____ _____ _____
