

Personal Goals and Interests 2017



Can you please fill out the following form and return it to me at your earliest convenience. – Thanks Gemma.

Name: _____

Personal Interests: _____

Hobbies: _____

Other sports you play: _____

In your own words, what do you want to achieve in 12 months of swimming?

What do you feel your strengths are in swimming? _____

What do you feel you want to improve on? _____

Are there any drills or sets that you really enjoy in training? _____

Personal Best:

50m Free _____ 50m Back _____ 50m Breast _____ 50m Fly _____

100m Free _____ 100m Back _____ 100m Breast _____ 100m Fly _____

200m Free _____ 400m Free _____ 100 IM _____ 200 IM _____

My favourite stroke is: _____