



Name:

Date:

Season:

(ex: Winter: January—March)

Be eager to do the extra to be extraordinary.

| Goal Area | Process |
|--------------------------------------|---|
| Attendance | |
| Work Ethic | |
| Technical Skill | Process |
| | |
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| | |
| Turns & Underwaters | Process |
| Example: 6k Streamline in Backstroke | I will start with 3k off each wall and every two weeks add an additional kick on all backstroke laps. |
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| Race Strategy | Process |
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| | |

How you will be a valuable member of the crew (team) this season: