

GOALS FOR _____ Year: _____ FINA age: _____

Skill/Strength:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

Dives:

- 1)
- 2)
- 3)
- 4)
- 5)

Competitive:

- 1)
- 2)
- 3)
- 4)
- 5)

Honorable mention:

“A DREAM written down with a date becomes a GOAL. A goal broken down into steps is a PLAN. A plan backed by ACTION becomes REALITY.”