



DAYTON RAIDERS GOAL SHEET LONG COURSE 2005



Turn into your group coach as soon as possible!!!!



Name: _____ Age: _____ Current Group: _____

1. What are my favorite three events (distance & stroke)?

- a. _____
- b. _____
- c. _____

3. How many practices per week, on average, will I attend this spring BEFORE we move outdoors? (please circle)

Red offers 5, Blue offers 5, Bronze offers 6, Silver offers 8, Gold offers 9

0 1 2 3 4 5 6 or more

4. How many practices per week, on average, will I attend this summer AFTER we move outdoors when school lets out? (please circle)

Red offers 5, Blue offers 6, Bronze offers 7, Silver offers 8, Gold offers 11

0 1 2 3 4 5 6 or more

5. Circle the meets am I probably going to sign up for this season

(note: circle the championship meets even if you don't qualify for them "yet")

Regular meets	MASON <i>May 7</i> <i>Cincinnati</i>	CM Pentath <i>May 13-15</i> <i>Keating Nat.</i>	CAC Summer <i>June 10-12</i> <i>Oxford</i>	CLPR <i>June 24-26</i> <i>Erlanger</i>	Indiana Senior <i>June 24-26</i> <i>Bloomington, IN</i>	Open Water <i>Wed July 6th</i> <i>Batavia, OH</i> <i>Fun! Info on our website soon!</i>
	Championship meets	Ohio Senior Champs <i>July 15-17</i> <i>Canton</i>	A/B Champs <i>July 22-24</i> <i>Silverlake</i>	USA Sectional <i>July 26-30</i> <i>Bloomington, IN</i>	Age Group State Champs <i>Aug 4-6</i> <i>Keating Nat.</i>	Zones <i>Aug 11-14</i> <i>Univ. of Michigan</i>

6. What 3 things can I do BETTER that will help me become a better swimmer?

- a. _____
- b. _____
- c. _____

7. What 3 things am I ALREADY doing in practice everyday that is helping me become a better swimmer?

- a. _____
- b. _____
- c. _____

8. What can I do better in competition to help me have better swims?

8. If I am on a SUMMER TEAM, which one and when is my championships?

Write "not going" if I plan not to attend my summer league championships.
