

LYST STINGRAYS 2007-2008

Blue Team Goal Sheet

Swimmer's Name: _____ Age: _____

EVENTS	Best Time:	December Goal Time:	End of Season Goal Time:	
50 Free	_____	_____	_____	_____
100 Free	_____	_____	_____	_____
200 Free	_____	_____	_____	_____
500 Free	_____	_____	_____	_____
50 Back	_____	_____	_____	_____
100 Back	_____	_____	_____	_____
50 Breast	_____	_____	_____	_____
100 Breast	_____	_____	_____	_____
50 Fly	_____	_____	_____	_____
100 Fly	_____	_____	_____	_____
100 IM	_____	_____	_____	_____
200 IM	_____	_____	_____	_____

*If the swimmer has not swum an event, simply write "NT" in Best time space.
Please complete and return to coach by October 5, 2007.