

Sea Snakes Gold/Silver Advanced 23-24 Information and Goals

Swimmers - please fill this information so I can get to know a little about you. I'm excited to be coaching you and I want to know what you want to accomplish this year! Set big goals, we can do hard things! - Coach Tim

1. Name:

2. Age:

3. Birthday:

4. Are you a high school swimmer? If so, what school?

5. Do you play any other sports during the year? What season?

6. How many years have you swam competitively?

7. Favorite Race:

8. What is your biggest swimming accomplishment? (This could be making an all star event or winning a specific race? Or it could be conquering a fear or doing something that you didn't think you could do):

9. What is your swimming dream? Do you want to set a record? Swim in college? Complete a 400 IM? Beat your sibling in a race? (I'll support this one as long as you give them a hug afterwards):

10. What is one time in a specific event that you want to accomplish this year? Also tell me your current best time (Example - Sub 30.00 on the 50Y Free. Current time: 32.50):

11. What is one habit you want to improve at swim practice?

12. What other hobbies or interests do you have?