**NORTHGATE GOAL SHEET 2024 –**

**RETURNING SWIMMER ONLY**

**Name: Grade:**

**How long ago did you start swimming?:**

**What rec. team do you currently/did you previously compete for?:**

**If you also currently swim for a U.S.A. swim team, which one?:**

**What are your four favorite individual events (in preferred order?:**

1. **2. 3. 4.**

**For those four events, please list your lifetime best and your goal time for 2024:**

|  |  |  |
| --- | --- | --- |
| **EVENT** | **LIFETIME BEST** | **2024 GOAL TIME** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**What other personal goals do you have? What about team goals?**

**Please return to Coach Jeff by *Feb 15***