

Cochrane Comets BLACK Goals 2011-2012

Goal #1

Performance: (what is your performance goal? Ex: Achieve an "A" standard in 200 Fly)

Splits: (what do your splits need to be?) _____

Technical: (what do you need to change technically to achieve this goal?)

Goal #2

Performance: _____

Splits: _____

Technical: _____

Goal #3

Performance: _____

Splits: _____

Technical: _____
