

***West Mobile Marlin***  
**Goals/P.B's Form**

Swimmers,

Please fill out the following information form and return it to Coach Evans. Parents of younger swimmers will want to assist them in correctly completing the needed information.

**Swimmer's name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**My Personal GOALS for this session are:**

Please list 2 attainable goals that you have set to achieve this session as a Marlin. For new swimmers your goal could be something as simple as just getting better at a certain stroke. More experienced swimmers should look to a performance based goal that can be measured. Achieving a certain USA Time Standard or a Southeastern Short Course qualifying time are good examples. Please reframe from setting goals like beating a particular swimmer or placing first in every swim. Stay focused on your own ability and performance that can be measured.

**Goal #-1** \_\_\_\_\_.

**Goal #-2** \_\_\_\_\_.

**Other information:**

What is your favorite stroke/event? \_\_\_\_\_.

What is your least favorite stroke/events? \_\_\_\_\_.

What is your favorite swimming memory? \_\_\_\_\_.

Is there anything else that you want your coaches to know about you? If so, what?

\_\_\_\_\_  
\_\_\_\_\_.

If you are new to the Marlins, please list your "**Personal Best**" time in any of the strokes that apply to your present age group.

	<b>Free</b>	<b>Back</b>	<b>Breast</b>	<b>Fly</b>	<b>I.M.</b>
<b>25 yd.</b>	_____	_____	_____	_____	_____
<b>50</b>	_____	_____	_____	_____	_____
<b>100</b>	_____	_____	_____	_____	_____
<b>200</b>	_____	_____	_____	_____	_____
<b>400</b>	_____	_____	_____	_____	_____
<b>500</b>	_____	_____	_____	_____	_____
<b>1000</b>	_____	_____	_____	_____	_____