



Name: _____ Date: _____ Age: _____

- 1) How many practices do you plan to attend each week? We offer 6 per week.
- 2) How do you feel about your performance last season? Satisfied or unsatisfied? Explain?
- 3) What does it mean to be on a team? How will you contribute positively to this team? (Give an example)
- 4) What are your dream goals? (5+ years).
- 5) List at least one short term goal for this season? (The more the merrier)
- 6) What will you do this season to reach your goals? (Inside of the pool).
- 7) What will you do this season to reach your goals? (Outside of the pool).
- 8) How can your coach help you reach your goals?
- 9) What is one thing you would like your coach to know about you?