



FIRST DAY OF PRACTICE SEASON PLAN



My name: _____

My grade: _____

- ONE word to describe how I feel about the season right now is: _____
- The last time I swam was: _____
- These are the strokes I can swim right now: (*circle*) Fly Back Breast Free
- My favorite stroke/strokes and events are: _____

“Without goals, training has no direction” – Natalie Coughlin

- My top 3 goals for the season are:
 1. _____

 2. _____

 3. _____

- Qualities I have that make me a good teammate are: _____

- List the following in order of importance to you this season:
 - **Have fun, Swim fast, Make friends, Stay/get into shape**
 - 1. _____ (most important)
 - 2. _____
 - 3. _____
 - 4. _____ (least important)

