



CAMEL SWIM CLUB

CREATING AN ENVIRONMENT THAT MOLDS
INDIVIDUALS INTO CHAMPIONS
IN BOTH COMPETITION AND IN LIFE
BY FOCUSING ON THE GROWTH OF THE WHOLE SWIMMER
AND EMPOWERING EACH ATHLETE WITH
SELF-DISCIPLINE AND SELF-ESTEEM

CAMEL 2007 Long Course Goal Sheet

Name: _____

Keep in mind practice habits, test sets, nutrition, general fitness, teammanship, etc in addition to the obvious time and meet qualifying goals.

1. My short term (this season) goals include:

2. My long term goals (future seasons) include:

3. My process goals (how I'm getting there) include: