

**Name:** \_\_\_\_\_

*When filling out this sheet, take the time to reflect about how you envision your season as a member of the Haverford Swimming/Diving Team.*

In which two (2) events would you like to primarily compete this season?

- |                                   |                                     |                                   |                                   |                                 |
|-----------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|---------------------------------|
| <input type="checkbox"/> 50 Free  | <input type="checkbox"/> 100 Free   | <input type="checkbox"/> 200 Free | <input type="checkbox"/> 500 Free |                                 |
| <input type="checkbox"/> 100 Back | <input type="checkbox"/> 100 Breast | <input type="checkbox"/> 100 Fly  | <input type="checkbox"/> 200 IM   | <input type="checkbox"/> Diving |

---

What are your individual goals (time or score) for the season (particularly in your goal events)?

- |                 |                   |
|-----------------|-------------------|
| 50 Free: _____  | 100 Back: _____   |
| 100 Free: _____ | 100 Breast: _____ |
| 200 Free: _____ | 100 Fly: _____    |
| 500 Free: _____ | 200 IM: _____     |
|                 | Diving: _____     |

---

What is your goal qualifying meet this season? That is, what is your goal meet for which you would like to qualify and compete this season?

- |                                      |                                    |                                    |                                 |
|--------------------------------------|------------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> Silver Meet | <input type="checkbox"/> CL Champs | <input type="checkbox"/> Districts | <input type="checkbox"/> States |
|--------------------------------------|------------------------------------|------------------------------------|---------------------------------|

---

State one thing you are willing to change to improve this season.

---

State one goal you would like the team to accomplish this season.

---

What are your academic goals for the season/school year?

---

What are some of your hobbies/interests outside of swimming/diving?