

SUMMER SWIMMING GOALS

Swimmer: _____

Season: Summer 2024

DONE	SKILL / MILESTONE	DATE
	Hold breath underwater for 10 seconds	
	Master freestyle stroke (25 meters)	
	Tread water for 2 minutes	
	Perfect backstroke technique	
	Dive from the starting block	
	<i>Add custom goal here...</i>	
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"Just keep swimming."