|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **EVENT** |  | **DISTRICT** | **BREAKDOWN** |  | **STATE** | **BREAKDOWN** |
| **200 MEDLEY RELAY** | **Y** |  | | **1:57.00** | **58.5**  **29.25**  **14.63** |
| **M** | **2:10.57** | **1:05.29**  **32.64**  **16.32** |
|  | | | |  | |
| **200 FREE** | **Y** | **2:22.00** | **1:10.9**  **35.0**  **17.5** | **2:00.00** | **1:00.00**  **30.00**  **15.00** |
| **M** | **2:37.34** | **1:18.36**  **39.18**  **19.5** | **2:12.60** | **1:05.98**  **32.49**  **16.0** |
|  | | | |  | |
| **200 IM** | **Y** | **2:45** | **1:22.5**  **41.25**  **20.63** | **2:14.50** | **1:07.0**  **33.55**  **16.50** |
| **M** | **3:03.15** | **1:32.08**  **46.04**  **23.02** | **2:29.30** | **1:14.12**  **37.06**  **18.53** |
|  | | | |  | |
| **50 FREE** | **Y** | **0:28.5** | **13.8** | **25.25** | **12.10** |
| **M** | **31.77** | **15.5** | **28.15** | **14.07** |
|  | | | |  | |
| **100 FLY** | **Y** | **1:16.0** | **37.0**  **18.00** | **1:00.70** | **30.35**  **15.18** |
| **M** | **1:24.43** | **40.86**  **20.00** | **1:07.44** | **33.72**  **16.86** |
|  | | | |  | |
| **100 FREE** | **Y** | **1:04.0** | **31.8**  **15.5** | **55.60** | **27.50**  **13.60** |
| **M** | **1:11.16** | **25.0**  **17.5** | **1:01.83** | **30.60**  **15.30** |
|  | | | |  | |
| **500/400 FREE** | **Y** | **6:38.0** | **1:19.0**  **38.5**  **19.8** | **5:23.5** | **1:04.3**  **32.00**  **16.00** |
| **M** | **5:45.18** | **1:22.30**  **42.00**  **21.15** | **4:43.77** | **1:11.42**  **35.33**  **17.52** |
|  | | | |  | |
| **200 FREE RELAY** | **Y** |  | | **1:45.90** | **52.95**  **26.48**  **13.24** |
| **M** | **1:58.29** | **59.15**  **29.57**  **14.79** |
|  | | | |  | |
| **100 BACK** | **Y** | **1:16** | **38.0**  **19.0** | **1:01.90** | **30.95**  **15.48** |
| **M** | **1:24.43** | **42.41**  **21.20** | **1:08.77** | **34.39**  **17.19** |
|  | | | |  | |
| **100 BREAST** | **Y** | **1:24.00** | **42.5**  **21.25** | **1:10.20** | **35.13**  **17.50** |
| **M** | **1:33.40** | **47.44**  **23.72** | **1:18.06** | **39.00**  **19.39** |
|  | | | |  | |
| **400 FREE RELAY** | **Y** |  | | **3:51.00** | **57.49**  **28.59**  **14.25** |
| **M** | **4:17.33** | **1:04.00**  **32.00**  **16.00** |

**Team Records**

|  |  |  |  |
| --- | --- | --- | --- |
| **200 Medley Relay** | **2000** | **1:54.64** | **K. Meuer, A. Birr, S. Cook, C. Johnson** |
| **200 Freestyle** | **2003** | **1:57.35** | **Missy McIntyre** |
| **200 Individual Medley** | **2003** | **2:09.58** | **Missy McIntyre** |
| **50 Freestyle** | **2004** | **23.28** | **Missy McIntyre** |
| **100 Butterfly** | **2003** | **59.19** | **Missy McIntyre** |
| **100 Freestyle** | **2001** | **52.36** | **Kyla Meuer** |
| **500 Freestyle** | **2003** | **5:12.35** | **Missy McIntyre** |
| **200 Freestyle Relay** | **2001** | **1:41.13** | **K. Meuer, L. Burge, B. Rupert, M. McIntyre** |
| **100 Backstroke** | **2003** | **1:01.06** | **Missy McIntyre** |
| **100 Breaststroke** | **2004** | **1:02.02** | **Missy McIntyre** |
| **400 Freestyle Relay** | **1999** | **3:41.66** | **C. Johnson, B. Rupert, S. Cook, K. Meuer** |

**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GRADE \_\_\_\_\_\_\_\_\_\_\_\_\_**

**1. Circle the events that you would like to swim.**

**2. In the events box of each event that you would like to swim, put your fastest time. If you have never swam it before put “NA”.**

**3. What makes you want to work hard in practice?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**4. What thoughts, ideas, beliefs are holding you back from reaching your goals?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**5. How can we, as your coaches, help encourage you to reach your swimming/diving goals this season?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**6. On a scale of 1-10 (one being the lowest), how hard are you willing to work on your goals this season? \_\_\_\_\_\_\_\_\_\_**

**7. Who on the team do you respect the most and why?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**