



Connetquot Swim Club

PO Box 280 Bohemia, New York 11716

www.cscswimming.org

Swimmer: _____ Group: _____

Event	Current Time	Goal Time	Type of Cut JO, ZONE, SILVER

I will do the following, to make sure I achieve my goals:

1.
2.
3.
4.

Swimmer Signature: _____ Date: _____