



American Flyers Diving Goal Sheet

Name:		Date:		Age:	Level/Team:	
Category	1 month	1 quarter	2 quarter(1/2 yr)	1 yr	Start of College	
<u>Mental:</u>						
<u>Physical:</u> <i>(strength/flexibility)</i>						
<u>Emotional:</u> <i>(attitude +/-)</i> <i>(training ethic)</i>						
<u>Mechanics:</u>						
<u>Dives:</u>						