



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> (strength/flexibility)					
<u>Emotional:</u> (attitude +/-) (training ethic)					
<u>Mechanics:</u>					
<u>Dives:</u>					