

Seton Swim & Dive SMART Goals
as of November 29, 2023

First and Last Name	Who is your Coach?	What is your first swimming-related SMART goal for your weakest stroke?	What is your second swimming-related SMART goal for another stroke?	What is your third swimming-related SMART goal for the 500 yd Free?	What is your School-related SMART goal?	What is your Faith-related SMART goal?
Briana Shillingburg	Hurley/Osilka (Group 4 - Lane 13-14)	50 yard freestyle; 1. VCAC- 40 sec; 2. season PR- 35 sec	100 back; 1. VCAC- 1:18; 2. season PR- 1:09	1. 11:00 2. season PR- 10:30	have at least a 80% in economics	be better at speaking to God all the time not just when i want him to do something for me in my life
Margaret Mikkelson	Hurley/Osilka (Group 4 - Lane 13-14)	100 yard back; 1. VCAC championships- 2:01; 2. Season PR- 1:58	100 yard breast; 1. VCAC championship- 1:53; 2. Season PR- 1:50	500 yard free; 1. VCAC championship- 9:59; 2. Season PR- 9:50	Finish through chapter 21 in pre-algebra	Go to daily Mass once a week
Caroline Schroer	Hurley/Osilka (Group 4 - Lane 13-14)	Specific: 100 Yard Back; 1. VCAC Championships - 1:42; 2. Season PR - 1:36	Specific: 100 Yard Breast; 1. VCAC Championships - 1:40; 2. Season PR - 1:36	Specific: 500 Yard Free; 1:9:00	Get into Seton (I go to a Montessori school so I do not get graded).	Pray a decade of the rosary every day .
John Cooley	Hurley/Osilka (Group 4 - Lane 13-14)	50 Back; Middle Season - :50; End Season - :45	50 Freestyle; Middle Season - :36; End Season - :34	Get under a 9:00	Do well on the midterms	Finish getting ready for Confirmation
Aidan McCardell	Judge (Group 4 -Lane 12)	Get below 50 seconds in 100 backstroke	Get 35 seconds in 100 breaststroke	Get at least 3 minutes	Keep an A in Spanish class	Get to the chapel everyday
Caroline Schroer	Judge (Group 4 -Lane 12)	Specific: 100 Yard Back 1. VCAC Championships -1:42; 2. Season PR - 1:36	Specific: 100 Yard Breast; 1.VCAC Championship - 1:40; 2.Season PR-1:36	Specific: 500 Yard Free; 1:9:00	Get into Seton (I go to a Montessori school so I do not get graded).	Pray a decade of the rosary every day .
James Nguyen	Judge (Group 4 -Lane 12)	My goal for my weakest stroke is to break 40s in butterfly.	My goal for another stroke is to break 30s in freestyle.	My goal for 500 free is to not get 9min.	My goal for school is to be a professional at mathematics.	A goal that i want to accomplish that is faith-related is to be WAY better at doing my morning and my night prayers because i usually forget to do it.
Bella Nguyen	Judge (Group 4 -Lane 12)	To lose 1/2 seconds each meet I swim breaststroke	To have a better form for freestyle	To lose 10+ seconds	To not get any c's by the end of each quarter	To pray every day and be thankful
Annabelle Mikkelson	Judge (Group 4 -Lane 12)	100 yard back; 1. VCAC championship- 1:38; 2. Season PR- 1:34	100 yard breast; 1. VCAC championship- 1:42; 2. Season PR- 1:39	500 yard free; 1. VCAC championship- 9:34; 2. Season PR- 9:39	Get an A on my science fair project	Visit the seton chapel once a day during the school week.
Katie Cooley	Judge (Group 4 -Lane 12)	I would like to to get 50 seconds or below in 50 butterfly.	I would like to drop time in 50 freestyle to under 35 seconds.	I would like to swim it before the end of the season	To get all A's in school.	To pray more often and think about what I am praying.
Ben Ellis	Kay/Halisky (Group 3 - Lanes 9-10)	100 Back: Season PR: 1:41.61 -- 1:37	100 Breast: Season PR: 1:34.63 -- 1:30	500 Free: Season PR: 9:40.56 -- 9:30	World History: 87% -- 94%	Daily Mass on Saturdays
Caroline Brand	Kay/Halisky (Group 3 - Lanes 9-10)	50 Yard Butterfly; 1. VCAC Championships - 42.00; 2. Season PR - 40.00	100 Yard Free; 1. VCAC Championships - 1:14; Season PR - 1:11	1. VCAC Championships - 7:40Season PR - 7:31	Maintain an A in biology through the second and third quarters.	Pray a daily Rosary.
Annie Dusek	Kay/Halisky (Group 3 - Lanes 9-10)	100 yard breast; VCAC Championships - drop 3 seconds; end of season - drop 5 seconds (from beginning of season)	50 free; VCAC Championship - drop a second; end of season - break 30	VCAC Championship - drop 5 seconds; end of season - break 8 minutes	get a golden star in Mr. Hoffman's class	read Story of a Soul
Katie Bauer	Kay/Halisky (Group 3 - Lanes 9-10)	100 Fly; 1. VCAC Championships-1:40; 2. Season PR-2:00	50 Free; 1. VCAC Chamionships-29;2. Season PR-31	VCAC Championship- 7:23; PR-7:30	maintain a high a in Reading 8 and Physical Science	go to the chapel at least 3 times a week
Jane Judge	Kay/Halisky (Group 3 - Lanes 9-10)	-improve my arms in butterfly	get below a 31 in free	improve my breathing	get A's in all classes by third quarter	pray the rosary every day
Kyleigh Fifield	Kay/Halisky (Group 3 - Lanes 9-10)	100 Yard Breast; 1. VCAC Championships - 1:38; 2. Season PR - 1:36	50 Free; 1. VCAC Championships - 32.00; 2. Season PR - 31.00	500 Yard Free; 1. VCAC Championships - 7:30; 2. Season PR - 7:25	1st honors in 3rd Quarter	Say the Saint Andrew's Christmas Novena all the way through
Molly Bauer	Kay/Halisky (Group 3 - Lanes 9-10)	-Specific: 100 Fly 1. VCAC Champs- 1:43 2. Season PR- 1:39	Specific: 100 Free 1. VCAC Champs- 1:24 2. Season PR- 1:19	1. VCAC Champs- 8:30 2. Season PR- 7:59	Getting above a 95 in Calculus.	Start praying night prayer every day.
Aoife Haggerty	Kay/Halisky (Group 3 - Lanes 9-10)	-Specific: 50 Fly Dropping my time to a 43-drop 3 seconds	50 free Drop to a 32	For 500 yard free Drop to an 8:30	To pass geometry with a good grade And to do well on the National Spanish exam	To be able to completely and fully trust in God's plan for me
Jonas Wilson	Kay/Halisky (Group 3 - Lanes 9-10)	-My worst stoke is 100 Butterfly. Current time: 1:34. The PR I want to obtain is 1:25 at the end of the year.	My goal is to drop in 50 freestyle. Current time: 32.88. My end time goal is a sub 30, Around 29 seconds	Current time: 7:38 Goal time: under 7 minutes	To get A's and B's	Always stay true to God

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Elodie Brox	Keapproth	achieve more than 6 dives with a score of 5 or higher	successfully add a hurdle into dives	do a successful back flip in dryland	a 3.9 GPA or higher every quarter by understanding the material not just memorizing and eventually forgetting	10 or more minute chapel visit daily
Clare Kay	Keapproth	Dive Goal: Perform front one and one-half by Jan 6th and perform 6 legal dives by season's end.	Swimming: 50 Free 1) 37.0 2) 35.0	7:00	Achieve above 90% on all weekly Math exams.	Say at least 3 rosaries a week.
Lauren Grinder	Keapproth	Diving team	Diving team	Diving team	Work on my study skills	Pray more each day
Mary Catherine Hurley	Keapproth	Do a smooth 1 1/2	Make National Catholics and States	We don't have the 500 in dive	Get a B in pre calculus	Pay attention in mass more
Meghan Condon	Keapproth	To do a front flip with a full twist	To learn reverses	N/A	To get above a 93% in algebra	To continue to grow closer to God and be prepared to receive Confirmation in the spring
Anna Russo	Keapproth	Qualify for National Catholics in dive.	Qualify for States for dive.	Make an 11 dive list.	Get into the National Spanish Honor Society.	Make a chapel visit every school lunch.
Luke Mantooth	Palazzo/Mulhern (Group 1 -Lanes 1-5)	100 Yard Back 1) VCAC Championships- 1:14; 2)Season PR- 1:09	100 Yard Breast 1) VCAC Championships- 1:11; 2) Season PR- 1:08	500 Free 1) VCAC Championships- 6:30; 2) Season PR- 6:15	Maintain an average quarterly grade of at least 95 in Religion through 3rd Quarter	Pray the rosary 7 times a Week
Liam Halisky	Palazzo/Mulhern (Group 1 -Lanes 1-5)	100 yard breast; 1. Vcac champs- 1:17 2. Season PR: 1:15	100 yard free; 1. Vcac champs- 53.1; Season PR- 52.5	Vcac champs- 6:15; Season PR- 6:10	Maintain above a 93 in Chemistry II through the rest of the year	Pray a decade of the rosary for my goddaughter every day
Haley Fifield	Palazzo/Mulhern (Group 1 -Lanes 1-5)	perfect my underwaters and make them faster	qualify for states in 100 back	break 7:00	get an A in History of the 20th century	say a decade of the rosary each day
Maggie Gibbons	Palazzo/Mulhern (Group 1 -Lanes 1-5)	Improve the form of my butterfly	improve my breakout in the fifty free	Pace myself to not exhaust myself halfway through the event and utilize my underwater kicks	Maintain an A in Chem 2	Go to regular confession (weekly)
Dominic Judge	Palazzo/Mulhern (Group 1 -Lanes 1-5)	To break 1:00 in the 100 Free Now it is a 1:07	To break 2:18 in the 200 IM Now it is a 2:39	To break 6:05 in the 500 Free right now it is a 6:28	To have a 3.9 or above GPA for the year Now it is a 3.7	To pray for the poor souls in Purgatory every night when I go to bed.
Greg Bauer	Palazzo/Mulhern (Group 1 -Lanes 1-5)	100 Yard Breast; 1. VCAC Champs- 1:10; Season PR- 1:07	50 Yard Free Style; 1. VCAC Champs- 25 seconds; 2. Season PR- 24.5	500 Yard Freestyle; 1. VCAC Champs- 6:20; 2. Season PR- 5:50	straight A's in second and third quarter	Visit the chapel every day
Michael Brox	Palazzo/Mulhern (Group 1 -Lanes 1-5)	Get better at breaststroke so I can swim the 200 IM better	Break 21 seconds in 50 free by the end of the season	Break 6 minutes in the 500 free making sure I don't breath off of the wall.	Keep my GPA above a 3.0	Get closer to god through the sacraments
Elodie Brox	Palazzo/Mulhern (Group 1 -Lanes 1-5)	to break 2:45 in a 200IM	to break 26.00 seconds in a 50 free from a flat start	break 7:00 minutes with at least 3 underwaters for each wall	end each quarter with a 3.9 GPA or higher by understanding all the material not just by memorizing and forgetting	visit the chapel at least 10 minutes per day
Philomena Kay	Palazzo/Mulhern (Group 1 -Lanes 1-5)	100 Yard fly; 1. VCAC Championships: 1:15; 2. Season PR - 1:13	50 Yard free; 1. VCAC Championships: 28.1; 2. Season PR - 27.8	500 Yard free: 1. VCAC Championships: 1:15; 2. Season PR - 6:25	To have an A in biology	Say a rosary every day
Patrick Kay	Palazzo/Mulhern (Group 1 -Lanes 1-5)	100 Butterfly; 1) 1:15 2) 1:13	200 IM; 1) 2:35 2.) 2:30	1) 6:00 2) 5:55	Get a 4.0 GPA for 2nd semester	Say a Act of Contrition every day along with the Morning Offering.
Clara Condon	Palazzo/Mulhern (Group 1 -Lanes 1-5)	Specific: 50 Free; 1. VCAC Championships- get back down to 27.9; 2. Season PR: 26.7	Specific: 100 Fly; VCAC Championships- back under 1:05; 2. season pr: 1:02	Under 6:20 (best is 5:55)	4.0 GPA through the whole year/straight A's	More frequent chapel visits
William Sokban	Palazzo/Mulhern (Group 1 -Lanes 1-5)	Specific: 100 Yard Butterfly; 1. VCAC Championships - 1:06; 2. Season PR - 1:00	Specific: 100 Yard Freestyle; 1. VCAC Championships - 0:57; 2. Season PR - 0:54	Specific: 500 Yard Free; 1. VCAC Championships - 6:25; 2. Season PR - 6:20	Specific: To get an A+ in Calculus I & Physics; End of 1st Semester: 95%, End of 2nd Semester 97%	To become closer to God through more daily prayer and choosing to pick up my cross daily.
Maggie Schroer	Palazzo/Mulhern (Group 1 -Lanes 1-5)	100 yard Breast; 1. VCAC Championship- 1:32 2. Season PR- 1:30	100 yard Fly 1. VCAC Championship- 1:22 2. Season PR- 1:21	1. VCAC Championship- 7:25 2. Season PR- 7:20	maintain a 95 or above in reading	Pray a Rosary every night
Andrew Nguyen	Palazzo/Mulhern (Group 1 -Lanes 1-5)	Beat Micheal Brox	100yard free vcac-52 Season pr-50	6:15	Get no less than a 85 in all my classes	Adoration more often
Anastasia Garvey	Palazzo/Mulhern (Group 1 -Lanes 1-5)	100 free; VCAC Championship- 1:00; Season PR 59	100 backstoke; VCAC Championship- 1:10; Season PR 1:07	500 free; VCAC Championship-6:10 season PR 6:06	getting above an 85 on the American History midterm	getting into the habit of going to the chapel for at least 5 minutes everyday

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Joe Borneman	Palazzo/Mulhern (Group 1 -Lanes 1-5)	1:10 or below for backstroke	Under a minute for butterfly	Do it once	Finish with a gpa of 3.6 for the semester	Don't want to say
Lucy Cunningham	Palazzo/Mulhern (Group 1 -Lanes 1-5)	Get 1:30 for 100 breaststroke	Finally break 30secs for 50 free	To make states or national Catholics for the 500	Finish the year with straight A's	To grow closer to God myself and to bring other people towards Him
Max Wilson	Palazzo/Mulhern (Group 1 -Lanes 1-5)	Making States for 200 IM, Current time: 2:26, Qualifying time: 2:18. With the coaches I have I know this time will be attainable. This is one of the hardest events and making states for it will be awesome. I will Hit this time before the states cut.	Making states and National Catholics for 100 Backstroke, Current time: 1:05.1, Qualifying Time: 1:02 and 1:01 respectfully. This is easy to attain since this is my last year time, and I know I have improved. Also, I know I will improve in this current year. This is my best stroke, and this has been my goal for a long time so hitting it will be great. I will hit this before the cuts of NC and States.	Current time: 6:25, Goal: to get under 6 minutes.	to stay above a 3.4 GPA	To pray 1 or more rosaries a Week
Maggie Gibbons	Palazzo/Mulhern (Group 1 -Lanes 1-5)	Improve the strength of my glide in my breaststroke through my kick to drop 3 seconds and I want to be able to do this by National Catholics	I want to improve my streamline in my underwaters in my 50 free to go 25 seconds and I want to be able to do this by States	Improve the efficiency of my turn into my streamline in my underwaters to go 7 min flat and I want to achieve this before the JV invite	Maintain an A in my Chem 2 class	Go to regular confession with friends
Peter Konstanty	Palazzo/Mulhern (Group 1 -Lanes 1-5)	100 backstroke under 1:20	50 free get a 23 second	under 6 minutes	above a C in Government by the end of 3rd quarter	say a rosary 3 times a week
Mary Catherine hurley	Ross (Group 2 -Lanes 6-8)	Drop 2 seconds in 100 breaststroke	Go sub 29 in 50 free	Drop 30 seconds	Get a b in pre-calc	Put Him in control of every struggle
Sophia Halisky	Ross (Group 2 -Lanes 6-8)	hit a 35 in a 50 backstroke	get a 28.50 for a 50 free	I want to get under 7mins	I want to get all A's every quarter	I want to visit the chapel 3 days a week
Avila Mantooth	Ross (Group 2 -Lanes 6-8)	100 Yard Backstroke; 1. VCAC Championships - 1:28; 2. Season PR - 1:27	50 Yard Freestyle; 1. VCAC Championships - 29.5; 2. Season PR - 29	500 yd Free; 1. VCAC Championships - 7:37; Season PR - 7:35	My school-related SMART goal is to maintain a 95+ in all of my classes.	My Faith-related SMART goal is to pray the Rosary at least one every single day and visit the chapel at lunch every day.
Kenny Nguyen	Ross (Group 2 -Lanes 6-8)	(50 Yard Free) 1. under 30 seconds 2. under 28 seconds	(100 Yard Free) 1. under 1:10 2. under 1:07	Under 8 min	End with mostly A's and B's	Go to daily mass
Jack Herwick	Ross (Group 2 -Lanes 6-8)	100 Breast 1:22(mid); 1:18(final)	100 Free under 1:00(mid); 57:00(final)	I have never swam the 500 free before. I want to get a suitable time for my level.	I must maintain an A in Physical Science for the rest of the 2nd quarter.	I need to find at least 10 minutes every day to spend time in silence with Jesus.
Joey Lynch	Ross (Group 2 -Lanes 6-8)	Reach 1:35 in 100 Breast	Break 30 Seconds in 50 Free	Reach 7:15 in 50 Free	To get all A's or A-'s	To go to Confession every other time it is offered
Orla Haggerty	Ross (Group 2 -Lanes 6-8)	Specific: 100 Fly 1. VCAC Championships- 1:40 2. Season PR- 1:35	Specific: 100 Free 1. VCAC Championships- 1:08:30 2. Season PR- 1:05:30	1. VCAC Championships- 7:45 2. Season PR- 7:30	Keep a 93 and above grade average this semester.	Go to the chapel every day and offer each day for a different person in my life.
Charlie Dusek	Schroer/Heiny (Group 4 -Lane 11)	Personal Record of 1:35 by the end of the year for 100 backstroke	Personal Record of 1:18 by the end of the year for 100 freestyle by focusing on flipturns and underwaters	For the first time: sub-ten minutes PR: 9:20	To not have a missing assignment for the whole rest of the year by making sure to do all homework assignments	To consistently be praying the litany of trust every night and for it to become a habit like brushing teeth before bed by the end of the year
Luke Fifield	Schroer/Heiny (Group 4 -Lane 11)	Learn to do a flip turn in backstroke races	Get a 1 min 40 sec in 100 breast	swim it in under 9 minutes	Get a B in pre-algebra	learn the Saint Joseph prayer
Lucy Herwick	Schroer/Heiny (Group 4 -Lane 11)	50 fly: 1. VCAC Championship 53 seconds; 2 Season PR - 52 seconds	50 free: VCAC Championship 35 seconds; 2. 3 Season PR 35 seconds	I do not have a time for the 500 free; I hope to complete the race and obtain a starting time.	I want to have all As and Bs by the end of the swim season.	I will learn how to say the Angelus from memory.
Walter Saffian	Schroer/Heiny (Group 4 -Lane 11)	Now my 200 free is 4:26.09 by the end of the season I want below 4 minutes	Now my 50 free is 40.18 by the end of the season I want 34 seconds	15:00 by the end of the season	4.0 gpa for the next 3 quarters	Go to confession every 2 to 4 weeks
Jack Gregory	Schroer/Heiny (Group 4 -Lane 11)	Below 2 minutes 15 seconds in 100 breaststroke	Below 30 seconds in 50 free	Below 10 minutes 30 seconds	75 and above in religion 2nd quarter	More frequent confession. Every month, or at the very latest two

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Evan Rodriguez	Schroer/Heiny (Group 4 -Lane 11)	To fix my butterfly and get a :40 and first place in my heat	To get a :30 for freestyle by the end of the season	To finish the whole thing without stopping	To have consistent good grades nothing below a B	To deepen my spiritual life
Gianna Gibaldi	Schroer/Heiny (Group 4 -Lane 11)	Specific: 100 Yard Breast; 1. VCAC Championships - 2:20; 2. Season PR - 2:17	Specific: 200 Yard Free; 1. VCAC Championships - 3:47; 2. Season PR - 3:44	Specific: 500 Yard Free; 1. VCAC Championships - 7:36; 2. Season PR - 7:30	Don't get F's on any test in any class.	Complete a rosary.
Clare Judge	Zadnik/Judge/Zadnik /Osilka/Brox (Group 5 -Lanes 5-8)	To learn the butterfly stroke	To swim 50 free in under 45 seconds	To complete the 500 free with flip turns	To keep a 90 or higher in all of my classes	To say a Divine Mercy Chaplet every day
Patrick Judge	Zadnik/Judge/Zadnik /Osilka/Brox (Group 5 -Lanes 5-8)	100 Back - sub 2 minute(final); 2:20 (mid)	50 free - sub 40(final); sub 47 (mid)	finish it	develop better study habits and time management skills; maintain above 3.9 GPA.	Go to the chapel every day after lunch for 5 minutes.
Sage Armstrong	Zadnik/Judge/Zadnik /Osilka/Brox (Group 5 -Lanes 5-8)	100 Breaststroke - 2:05 (final); 2:10 (midseason)	50 Free - 0:35 (final); 0:39 (midseason)	500 Free - 11:00 (final); 12:00 (midseason)	Maintain a 95 and above in Earth and Space Science for the 2nd and 3rd quarters	Go to the school chapel at least twice per week for the duration of the 2nd and 3rd quarter.
Cora Kramer	Zadnik/Judge/Zadnik /Osilka/Brox (Group 5 -Lanes 5-8)	100 Yard Back; 1. VCAC Championships - 2:15; 2. Season PR - 2:10	50 Yard Free; 1. VCAC Championships - 0:41; 2. Season PR - 0:38	500 Yard Free; 1. VCAC Championships - 11:15; 2. Season PR - 11:10	Have an A in every class	Read 1 good spiritual book
Colette Kramer	Zadnik/Judge/Zadnik /Osilka/Brox (Group 5 -Lanes 5-8)	Specific: 50 Yard Fly; 1. VCAC Championships - swim legally; 2. Season PR - 1:00	Specific: 50 Yard Free; 1. VCAC Championships - 40:05; 2. Season PR - 39:50	Specific: 500 Yard Free; 1. VCAC Championships - Swim it!; 2. Season PR - Under 12 minutes	Get an A in Algebra II	Read the gospel for at least 5 minutes a day
Penny Kramer	Zadnik/Judge/Zadnik /Osilka/Brox (Group 5 -Lanes 5-8)	100 Yard Breast 1. 2:10; 2. 1:55	50 Yard Free; 1. 37 seconds; 2. 34 seconds	1. 11:20; 2. 11:00	I want to get an A on my geometry midterm	I want to visit the chapel at least three times a week
Eamon Haggerty	Zadnik/Judge/Zadnik /Osilka/Brox (Group 5 -Lanes 5-8)	100 Breast 2:00 (Final) 2:10 (Mid-Season)	100 Back 1:50 (Final) 2:00 (Mid-Season)	50 Free 0:38 (Final) 0:41 (Mid-Season)	Get an A in Life Science.	Go to confession every month.
Thomas keapproth	Zadnik/Judge/Zadnik /Osilka/Brox (Group 5 -Lanes 5-8)	Improve my arms in butterfly by the end of the season.	Break 34 in the 50 free.	Diving- learn a full 11 dive list.	All As and continue 4.0 GPA.	Praying every day before bed.