

Trinity Meadow View 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?
Aine Maloney	Trinity Meadow View	100 yard back; 2. Season PR - 1:08.5	100 yard breast; 2. Season PR - 1:08.9 (make States and finals at States)	500 yard free; 2. Season PR - 5:49.9	Spend 5-10 minutes of homework each day reviewing math/physics notes so as not to forget units after we move on to the next one.	Spend 30 minutes in prayer each day even when swimming and school get busy.
Charlotte Mazanec	Trinity Meadow View	100 yard back; 1. VCAC championships- 1:18; 2. Season PR- 1:17	50 yard free; 1. VCAC championships- 28:30; Season PR- 27:50	500 yard free; 1. VCAC championships- 6:25; Season PR- 6:23	Develop a better understanding of trig functions and equations and improve math test performance	Begin and end every day with prayer, and pray a decade of the rosary daily
Joseph Thiede	Trinity Meadow View	100 yard Backstroke: end season 1:22, mid season 1:27	100 yd breaststroke: end season 1: 14, mid season 1: 17	final season: 7 min. midseason 7:15	Make all As in all classes	Say a rosary every day.
Reagan Mazanec	Trinity Meadow View	100 yard breast; 1. VCAC championships - 1:35; 2. season PR - 1:25	100 yard freestyle; 1. VCAC championships - 1:02; season PR - sub 1:00	500 yard free; 1. VCAC championships - 5:45; 2. season PR - 5:40 (not sure of my current time so im guessing)	Get an A on my paper for project week.	Go to confession at least every two months.
Lauren Kelley	Trinity Meadow View	100 Yard Breast; VCAC Championships - 1:19; Season PR - 1:16	100 Yard Free; VCAC Championships - 59; Season PR - 58	VCAC Championships - 6:00; Season PR - 5:55	To have an A in pre-calculus by the end of the first semester	To go to reconciliation at least once a month.
Sydney Arllen	Trinity Meadow View	100 Fly; 1. Complete without DQing; 2. PR- under 1:15	100 Breast: 1. Drop 2 sec; 2. PR- 1:15	1. Keep track of the laps (ie. staying focused while racing); 2. PR- 5:50	More participation in class discussions	Be more comfortable with talking about my faith to non-believers
Eamon Schrock	Trinity Meadow View	100 Yard Breast: 1:18.00	100 Yard Free: 55.00	500 Yard Free: 6:00.00	to receive a 3/4 or 4/4 on my Geometry skill drills for the rest of the season.	to spend 5-10 minutes each morning in prayer, asking for the Lord's blessing on the day