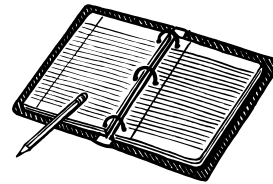


Swim Binder

Your Swim Binder is a three ring binder with 4 sections. Decorate your binder! Make your binder as unique as you can! Bring your Swim Binder to practice every Monday and take your binder to all swim meets with you.

Section 1 - Daily References:

- Season Plan for your swim group.
- Daily Skills Checklist
- Training Journal (depends on group)

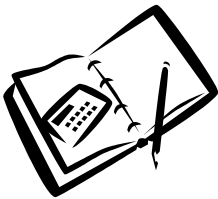


Section 2 - Education:

- All Monday Meeting handouts from coaches.
- Swimmers are encouraged to add their own articles that they find as well. Your Splash magazine is a great place to find inspirational articles.

Section 3 - Meets:

- Meet Review Sheets - Be sure to make multiple copies.
- Print out of current Best Times from Swim Connection.
- Copies of meet entries.
- Meet sheets and other meet information.



Section 4 - Miscellaneous:

Whatever else you want to put in your binder!