SEPTEMBER SWIM RECORD FOR …….. (NAME)

(Return this & the sponsor sheet to the Club ***once you have collected your sponsorship monies***.)

My goal for the month is : …… m

So I need to do …… laps over ……..sessions.

DATE	NUMBER LAPS	POOL SIZE 25 or 50m	SIGNED By coach

TOTAL. I SWAM ……. LAPS X 25M = M

PLUS ……. LAPS X 50M = M

MONTH TOTAL = ……M