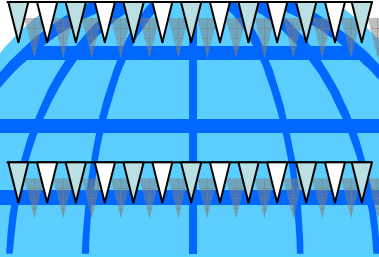




Fluid Mechanics, Inc.
The Swimming Experts



Pipeline Plan

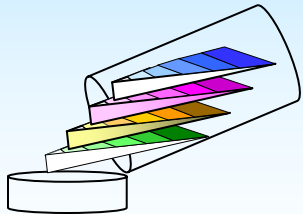
Plan subject to change as needed.

Swimmer:

Consultant:

Date:

___/___/___



Phone: (800) 266-5179

E-mail: swim@fluidmechanics.net

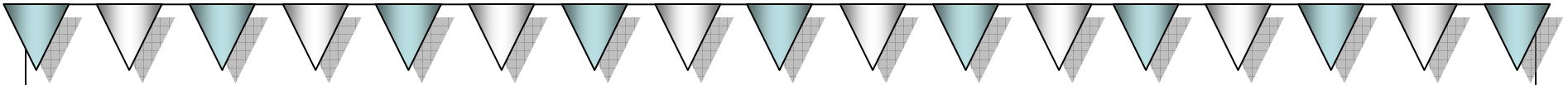
Website: www.fluidmechanics.net

Goal Achievement 1. Decide what you want 2. Write it down 3. Make a plan 4. Run your plan 5. Evaluate and adjust the plan

Goal Terms | Long = 2-5 years | Mid = 1-2 Years | Short = expressed in months, weeks or days

Event	Baseline (within 120 days)	Goal Date	Goal (2½ - 5% per year)	Topics (by predominance)		
				1	2	3

Session	Clinic Learn It	Workshop Fix It Look at it & measure it. Look at it & mark it. Mark it, mark it, mark it.	Practice Cement It Record marks on back.	Competition Use It
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Session #	Control	Cement It – Mark Recording							
		Sat	Sun	Mon	Tue	Wed	Thu	Fri	Total
10									
9									
8									
7									
6									
5									
4									
3									
2									
1									

_____ Marks = 1 Footstep = E-mail your advisor at swim@fluidmechanics.net

