

Personal Details

Name:

Address:

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Home tel. no:

Mobile tel. no:

Emergency contact details:

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Medical information e.g. allergies, medication etc.

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Date of Birth:

ASA Registration no:

Hobbies, other sports:

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Height and Weight Record

	Height	Weight	Notes
Q1			
Q2			
Q3			
Q4			
Q1			
Q2			
Q3			
Q4			
Q1			
Q2			
Q3			
Q4			

Guidelines for Effective Goal Setting

The goals you set yourself to help improve your swimming should be:

- S**pecific
 Instead of simply saying “I want to improve my 50m freestyle”, say what you want to improve about it, e.g. “I want to improve my 50m freestyle turn”. This will give you a specific focus to work on in training.
- M**easurable
 Make sure you will know when you have reached your goal. For example, using a time as a target will make this easier.
- A**greed
 Speak to your coach about the goals you set. They will tell you if it is suitable
- R**ealistic
 Setting a goal that is too challenging will not help your self-confidence because you are not likely to achieve it. Try not to make it overly difficult.
- T**ime Measured
 Give yourself a deadline to reach your goal, e.g. in 6 months time. You can adapt this time range according to what competitions you have coming up.
- E**xciting
 Your goal must not be too easy
- R**ecorded
 Write down your goals – it will make you more determined to achieve them and help you monitor progress.

Personal Goals

Short Term (This year)	
Mid Term (Next year)	
Long Term (In a few years time)	
Signed by Swimmer	
Date of goal setting exercise	
Signed by Coach	

Competition Recording Log

Date:.....Meet: Venue:

Event	Time	Comments

Comments from Coach

Competition Recording Log

Date:.....Meet: Venue:

Event	Time	Comments

Comments from Coach

TRAINING LOG – Week Beginning

	Session /Metres	Comments	How I felt	1234567
Mon			Sleep	1234567
			Fatigue	1234567
			Muscle Soreness	1234567
HR:			Appetite	1234567
---			Health	1234567
---			Stress	1234567
Tue			Sleep	1234567
			Fatigue	1234567
			Muscle Soreness	1234567
HR:			Appetite	1234567
---			Health	1234567
---			Stress	1234567
Thu			Sleep	1234567
			Fatigue	1234567
			Muscle Soreness	1234567
HR:			Appetite	1234567
---			Health	1234567
---			Stress	1234567
Fri			Sleep	1234567
			Fatigue	1234567
			Muscle Soreness	1234567
HR:			Appetite	1234567
---			Health	1234567
---			Stress	1234567
Sat			Sleep	1234567
			Fatigue	1234567
			Muscle Soreness	1234567
HR:			Appetite	1234567
---			Health	1234567
---			Stress	1234567
Sun			Sleep	1234567
			Fatigue	1234567
			Muscle Soreness	1234567
HR:			Appetite	1234567
---			Health	1234567
---			Stress	1234567

Comments from Coach

Note: 7 indicates: Sleep – Very Sleepy, Fatigue – Exhausted, Muscle Soreness – Very Sore

TRAINING LOG – Week Beginning

	Session /Metres	Comments	How I felt	1234567
Mon			Sleep	1234567
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---			Stress	1234567
Sun			Sleep	1234567
			Fatigue	1234567
			Muscle Soreness	1234567
HR:			Appetite	1234567
---			Health	1234567
---			Stress	1234567

Comments from Coach

Appetite – Ravenous, Health – Unwell, Stress – Very stressed