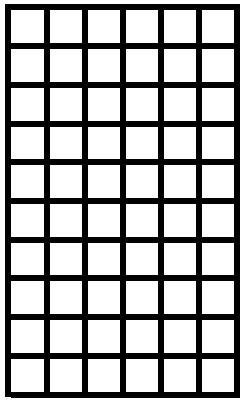
Swimmer NAME:	Red Squad	Deepings	Coach Lynn Chapman	Month:

This month, this is how myself and my coach would rate:

(colour in a square for each question)

Great!! ☺ ⟷ ☹ Oh dear!!

1. My overall performance in pool sessions
2. My attitude in pool sessions
3. My improvement in Land Training sessions
4. My streamlining off every wall
5. My speed into and out of turns
6. My relay takeover practice
7. My underwater dolphin kicking
8. My technique in every training session
9. How regularly and accurately I count my strokes
10.



My Top 5 most improved skills for this month :

1. _____
2. _____
3. _____
4. _____
5. _____

My Top 5 areas for improvement this next month :

1. _____
2. _____
3. _____
4. _____
5. _____

TRAINING SUMMARY

Week Commencing	Total swimming volume achieved (m)	Training hours completed		Competitions attended (Events/Stroke/Time)	Coaches comments
		Pool	Land		

HEIGHT : **cm**

WEIGHT : **kg**

Signed: _____ **(Parent/Guardian)** _____ **(Coach)** _____ **(Swimmer)**

Hand your log sheet to your squad leader on last week of every month