HARPENDEN SWIMMING CLUB

Affiliated to A.S.A. East Region

Club contacts: tel: 07767 683956 / email : coaches@harpendensc.co.uk
Website : www.harpendensc.co.uk

Supported by The National Lottery® through Awards for All

Swimmer Name :
Month : **Year :**

HEIGHT :
ARM SPAN :

Try to take these measurements on the same day each month

This month, my coach and I rate my commitment & performance as follows:

	Good				Poor
1. Overall performance in pool sessions					
2. Attitude in pool sessions					
3. Commitment to Land Training and Stretching					
4. The quality of my streamlining after every push-off & turn					
5. The speed and quality of my turns					
6. The distance I achieve off the wall after my turns					
7. The quality and speed of my underwater dolphin kick					
8. The quality and of my technique when swimming at maximum speed					
9. The regularity and accuracy of my stroke counting					
10. How regularly and accurately I check my heart rate					
My overall performance this month					

Top 5 most improved skills THIS month
1.
2.
3.
4.
5.

Top 5 areas for improvement NEXT month
1.
2.
3.
4.
5.

MONTHLY SUMMARY

Week Commencing	Total Swimming metres	Training Hours		COMPETITIONS ATTENDED (Event/Stroke/Time)	Numbers practised during training		Notes / comments
		POOL	LAND		Racing starts	Takeovers	

Signed: _____ (Coach) _____ (Swimmer) _____ (Parent)

Document ref : HSC_016
Document title : Logbook
Version : 0.1

PDF created with FinePrint pdfFactory trial version http://www.fineprint.com