



HARPENDEN SWIMMING CLUB

Affiliated to A.S.A. East Region

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LOGBOOK Guidance Notes

Height /Arm Span – try take these measurements on the same day every month – they should be the same, differences indicate that you are growing which does affect your swimming.

These are joint assessments between you and your coach. These scores range from “Good” if there is no room for improvement, to “Poor” if there is an area for improvement that needs to be seriously addressed. The agreed scores are filled out then by you (the swimmer) shading in the relevant square.

Question:

1. An overall assessment of your performance for the last month, taking into account all commitment, technical and physiological factors.
2. An assessment of your attitude in pool sessions, and willingness to do everything that is asked by your coach.
3. An assessment of your commitment to attending land training sessions (and applying yourself to their content), and improving your flexibility.
4. An assessment of the technical quality of your streamlining as you come off the wall from every start, push-off, and turn.
5. An assessment of the technical quality and speed of all of your turns.
6. An assessment of the distance achieved off the wall from all turns. The **aim** for swimmers should be to travel in excess of 7.5 meters on all strokes, working up to 10 metres on breaststroke and freestyle events and towards 15 metres on backstroke and butterfly events.
7. An assessment of the speed, technical quality, and distance you are able to stay beneath the surface when carrying out underwater dolphin kick.
8. An assessment with guidance of your coach of the quality of your technique when you are asked to swim at maximum speeds.
9. An assessment of how regularly you count your strokes (when asked to by your coach and for your own self interest).
10. An assessment of how regularly you check your heart rate (when asked to by your coach and for your own self interest).
11. An assessment of your overall attitude and approach to your training in the last month.

MY TOP 5 MOST IMPROVED SKILLS

“5 most improved skills for this month”: critically assess the quality of your skills over this training month and write down the 5 skills that you have most improved upon. These do not necessarily have to be your best 5 skills – they are more likely to be the ones which you know are not very effective but have improved when you race.

MY TOP 5 AREAS TO WORK ON

“5 areas for improvement this next month”: ask your coach to identify with you 5 areas for improvement next month. Hopefully, in the near future the skills that you need work on at the moment will appear in the “5 most improved skills of this month”!

TRAINING SUMMARY

Week Commencing: enter the date of the Monday at the start of each training week

Total swimming volume completed: enter the total swimming volume you have completed for the week (in metres). Ensure this is specific to your completed work.

Training hours completed (Pool / Land): enter the total number of pool hours and land training hours you have completed for the week

Competitions attended: include a brief note of any competitions you have competed in plus any exceptional performances / personal best times

Number of racing starts practised in training: enter the total number of racing starts you have practised in training (do not include competitions)

Number of takeovers practised in training: enter the total number of relay takeovers you have practised in training (do not include competitions)

Notes / Comments: include any notes or comments you wish. This could include any illness, thoughts on competition results, notes on missed sessions, or particularly good sessions!

SIGNATURES

Once this form has been completed, it should be signed off by one of your coaches, one of your parents/guardians, and yourself.

You should then file this sheet so that you and your coaches can compare performance month on month.

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