



## Monthly Monitoring Sheet

# Guidance Notes

### SELF ASSESSMENT QUESTIONS

The scores should be agreed between you (the swimmer) and your coach. These are scaled from "Great!! 😊" if there is no room for improvement all the way to "Oh dear!! ☹️" if there is an area for improvement that needs to be seriously addressed. The agreed scores are filled out then by you (the swimmer).

#### 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 conditioning sessions (and applying yourself to their content), and improving your range of 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. A joint 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. A combined 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 the 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 (both when asked to by your coach and for your own self interest).
10. An assessment of how regularly you check your heart rate (both when asked to by your coach and for your own self interest).

## MY TOP 5 AREAS TO WORK ON

*“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.

*“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!

## HEIGHT / WEIGHT

Please make a note each month of your height (in centimetres) and weight (in kilograms). For this to be a meaningful long-term tracking tool, it would be helpful if the same person plots your height each month and you use the same set of scales each month to weigh yourself.

## SIGNATURES

This form should be signed off by one of your parents/guardians, your club coach, and yourself once it has been completed in full.