

# Turn Analysis Sheet(With Action Plan)

**Date**

**Turn - Back**

**Approach**

**Touch/Turn**

**Push Off**

**Transition**

## Action Plan

**Evaluation**(Comment on what changes, if any, are required)

**Plan**

Your plan should show specific work work relating to your evaluation

**Feedback**(Information to be fed back to swimmer)

Signature : Swimmer

Coach