

Swimmer Profile

Name of Swimmer		Male/ Female		DOB	
Home Address			School		
Tel No		E-Mail			

Height

Date	Height(m)

Weight

Date	Weight(kg)

Medical History

Training Details to date

Available Training Time	Training times attended

Start Analysis Sheet(With Action Plan)

Date

Start - Freestyle

Stance

Take Off

Flight

Entry

Transition

Action Plan

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

Plan(Explain what you would do to bring about these changes)

Your plan should show specific work work relating to your evaluation

Feedback(Information to be fed back to swimmer)

Signature : Swimmer

Coach

Start Analysis Sheet(With Action Plan)

Date

Start - Fly

Stance

Take Off

Flight

Entry

Transition

Action Plan

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

Plan(Explain what you would do to bring about these changes)

Your plan should show specific work work relating to your evaluation

Feedback(Information to be fed back to swimmer)

Signature : Swimmer

Coach

Start Analysis Sheet(With Action Plan)

Date

Start - Backstroke

Stance

Take Off

Flight

Entry

Transition

Action Plan

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

Plan(Explain what you would do to bring about these changes)

Your plan should show specific work work relating to your evaluation

Feedback(Information to be fed back to swimmer)

Signature : Swimmer

Coach

Start Analysis Sheet(With Action Plan)

Date

Start - Breast

Stance

Take Off

Flight

Entry

Transition

Action Plan

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

Plan(Explain what you would do to bring about these changes)

Your plan should show specific work work relating to your evaluation

Feedback(Information to be fed back to swimmer)

Signature : Swimmer

Coach

Stroke Analysis Sheet(With Action Plan)

Date

Stroke - Freestyle

General Impression

Body Position

Leg Action

Arm Action

Breathing

Timing

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

Turn Analysis Sheet(With Action Plan)

Free Style Targets

Short Term Targets - Expectation is these should be achievable in the next 3 months

Medium Term Targets - Expectation is these should be achievable in the next 12 months.

Long Term Targets - Expectation is that these should be achievable in the next 3 years

Short Term Targets

ACTION PLAN - Short Term Targets

Medium Term Targets

Long Term Targets

Stroke Analysis Sheet(With Action Plan)

Date

Stroke - Fly

General Impression

Body Position

Leg Action

Arm Action

Breathing

Timing

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

Turn Analysis Sheet(With Action Plan)

Fly Stroke Targets

Short Term Targets - Expectation is these should be achievable in the next 3 months

Medium Term Targets - Expectation is these should be achievable in the next 12 months.

Long Term Targets - Expectation is that these should be achievable in the next 3 years

Short Term Targets

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ACTION PLAN - Short Term Targets

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Medium Term Targets

--

Long Term Targets

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Stroke Analysis Sheet(With Action Plan)

Date

Stroke - Back

General Impression

Body Position

Leg Action

Arm Action

Breathing

Timing

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

Turn Analysis Sheet(With Action Plan)

BackStroke Targets

Short Term Targets - Expectation is these should be achievable in the next 3 months

Medium Term Targets - Expectation is these should be achievable in the next 12 months.

Long Term Targets - Expectation is that these should be achievable in the next 3 years

Short Term Targets

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ACTION PLAN - Short Term Targets

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Medium Term Targets

--

Long Term Targets

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Stroke Analysis Sheet(With Action Plan)

Date

Stroke - Breast

General Impression

Body Position

Leg Action

Arm Action

Breathing

Timing

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

Turn Analysis Sheet(With Action Plan)

BreastStroke Targets

Short Term Targets - Expectation is these should be achievable in the next 3 months

Medium Term Targets - Expectation is these should be achievable in the next 12 months.

Long Term Targets - Expectation is that these should be achievable in the next 3 years

Short Term Targets

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ACTION PLAN - Short Term Targets

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Medium Term Targets

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Long Term Targets

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Turn Analysis Sheet(With Action Plan)

Date

Turn - Freestyle

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

Turn Analysis Sheet(With Action Plan)

Date

Turn - Fly

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

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

Turn Analysis Sheet(With Action Plan)

Date

Turn - Breast

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