

TONBRIDGE & BEACHFIELD						
SWIMMERS NAME						
SQUAD						
COACH						
MONTH						
MONTHLY EVALUATION						
		1	2	3	4	5
HOW WOULD YOU RATE THE OVERALL EFFORT PUT IN TOWARDS THE ACHIEVEMENT OF YOUR GOALS ?		1	2	3	4	5
HOW WOULD YOU RATE YOUR CONSISTANCY IN MATTERS OF						
		1	2	3	4	5
BEING ON DECK 5 MINS BEFORE THE SESSION TO PERFORM RMAP		1	2	3	4	5
STARTING ON TIME		1	2	3	4	5
NOT MISSING REPEATS		1	2	3	4	5
PERFORMING THE REQUIRED AMOUNT OF SST KICKS OFF ALL WALLS		1	2	3	4	5
STREAMLINING ON EVERY START , PUSH OFF AND TURN		1	2	3	4	5
LOOKING AT THE CLOCK WHEN YOU START AND WHEN YOU FINISH		1	2	3	4	5
LEAVING ON THE CORRECT TIME FOR ALL TRAINING REPEATS		1	2	3	4	5
PERFORMING LEGAL TURNS ON FLY AND BRST INCLUDING TOUCH & U/W PULL OUTS		1	2	3	4	5
COMMITTING TO EFFORT LEVELS REQUIRED DURING SESSIONS		1	2	3	4	5
A "CAN DO" ATTITUDE		1	2	3	4	5
WILLINGNESS TO TRY NEW THINGS		1	2	3	4	5
PERFORMING A CORRECT RACING START		1	2	3	4	5
RECORDING YOUR COMPETITION TIMES , SPLITS ,DATES AND VENUES		1	2	3	4	5
WRITING DOWN YOUR GOALS , AND KEEPING THEM WHERE YOU CAN SEE THEM EVERY DAY		1	2	3	4	5
SETTING YOUR OWN PERSONAL GOALS FOR THE SESSION]		1	2	3	4	5
SETTING YOUR OWN PERSONAL GOALS FOR THE WEEK		1	2	3	4	5
SETTING YOUR OWN PERSONAL GOALS FOR THE MONTH		1	2	3	4	5
CONSUMING HEALTHY SNACK ON WAY HOME FROM TRAINING		1	2	3	4	5
HYDRATION DURING SESSIONS		1	2	3	4	5
HEALTHY EATING		1	2	3	4	5
PERFORMING EXERCISES AT HOME 6 DAYS A WEEK		1	2	3	4	5
ATTENDENCE AT TRAINING		1	2	3	4	5
GETTING YOUR HOME WORK DONE AND STILL GETTING TO TRAINING		1	2	3	4	5
ACHIEVING THREE THINGS TO IMPROVE ON OVER THE LAST MONTH		1	2	3	4	5
WHAT ARE THREE THINGS YOU CAN IMPROVE ON TRAINING OVER THE NEXT MONTH						

2														
3														
HABITS FOR SUCCESS														
Attendance						Understanding Training								
Commitment						Visualization								
Emotional Control						Being open to new techniques								
Concentration within training						Managing expectation								
Striving for excellence						Goal setting								
Flexible thinking														

TWELVE STATEMENTS THAT DESCRIBE A MENTALLY TOUGH PERFORMER														
HAVING AN UNSHAKABLE BELIEF IN YOUR ABILITY TO ACHIEVE YOUR GOALS														
BOUNCING BACK FROM PERFORMANCE SETBACKS AS A RESULT OF INCREASED DETERMINATION TO SUCCEED														
HAVING AN UNSHAKABLE BELIEF THAT YOU POSSESS UNIQUE QUALITIES AND ABILITIES THAT MAKE YOU BETTER THAN YOUR OPPONENTS														
HAVING AN INSATIABLE DESIRE AND INTERNALIZED MOTIVES TO SUCCEED														
REMAINING FULLY FOCUSED ON THE TASK AT HAND IN THE FACE OF COMPETITION-SPECIFIC DISTRACTIONS														
REGAINING PSYCHOLOGICAL CONTROL FOLLOWING UNEXPECTED UNCONTROLLABLE EVENTS														
PUSHING BACK THE BOUNDRIES OF PHYSICAL AND EMOTIONAL PAIN,WHILE MAINTAINING TECHNIQUE AND EFFORT UNDER DISTRESS														
ACCEPTING THAT COMPETITION ANXIETY IS INEVITABLE AND KNOWING THAT YOU CAN COPE WITH IT														
THRIVING ON THE PRESSURE OF COMPETITION														
NOT BEING ADVERSELY AFFECTED BY OTHERS GOOD AND BAD PERFORMANCES														
REMAINING FULLY FOCUSED IN THE FACE OF PERSONAL LIFE DISTRACTIONS														
SWITCHING A FOCUS ON OR OFF AS REQUIRED.														