|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Beachfield SS** |  | | | | |
| **SWIMMERS NAME** |  | | | | |
| **SQUAD** |  | | | | |
| **COACH** |  | | | | |
| **MONTH** |  | | | | |
| **MONTHLY EVALUATION** |  | |
|  |  | |
| **HOW WOULD YOU RATE THE OVERALL EFFORT PUT INTHIS MONTH TOWARDS THE ACHIEVEMENT OF YOUR GOALS? MARK IT OUT OF 10** | | | | **MARK/10** | |
|  | | | |  | |
| **MARK YOUR SELF OUT OF 10 ON HOW WOULD YOU RATE YOUR CONSISTENCY IN MATTERS OF:** | | | | **MARK/10** | |
| BEING ON DECK 5 MINS BEFORE THE SESSION TO PERFORM RMAP | | | |  | |
| STARTING ON TIME | | | |  | |
| NOT MISSING REPEATS | | | |  | |
| PEFORMING THE REQUIRED AMOUNT OF SST KICKS OFF ALL WALLS | | | |  | |
| STREAMLINING ON EVERY START, PUSH OFF AND TURN | | | |  | |
| LOOKING AT THE CLOCK WHEN YOU START AND WHEN YOU FINISH | | | |  | |
| LEAVING ON THE CORRECT TIME FOR ALL TRAINING REPEATS | | | |  | |
| PERFORMING LEGAL TURNS ON FLY AND BRST INCLUDING TOUCH & U/W PULL OUTS | | | |  | |
| COMMITTING TO EFFORT LEVELS REQUIRED DURING SESSIONS | | | |  | |
| A “CAN DO” ATTITUDE | | | |  | |
| WILLINGNESS TO TRY NEW THINGS | | | |  | |
| PERFORMING A CORRECT RACING START | | | |  | |
| RECORDING YOUR COMPETITION TIMES, SPLITS,DATES AND VENUES | | | |  | |
| WRITING DOWN YOUR GOALS, AND KEEPING THEM WHERE YOU CAN SEE THEM EVERY DAY | | | |  | |
| SETTING YOUR OWN PERSONAL GOALS FOR THE SESSION | | | |  | |
| SETTING YOUR OWN PERSONAL GOALS FOR THE WEEK | | | |  | |
| SETTING YOUR OWN PERSONAL GOALS FOR THE MONTH | | | |  | |
| CONSUMMING HEALTHY SNACK ON WAY HOME FROM TRAINING | | | |  | |
| HYDRATION DURING SESSIONS | | | |  | |
| HEALTHY EATING | | | |  | |
| PERFORMING EXERCISES AT HOME 6 DAYS A WEEK | | | |  | |
| ATTENDENCE AT TRAINING | | | |  | |
| GETTING YOUR HOMEWORK DONE AND STILL GETTING TO TRAINING | | | |  | |
| ACHIEVING THREE THINGS TO IMPROVE ON OVER THE LAST MONTH | | | |  | |
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|  |
| **WHAT ARE THREE THINGS YOU CAN IMPROVE ON TRAINING OVER THE NEXT MONTH** |
| 1 |  | | | | | |
| 2 |  | | | | | |
| 3 |  | | | | | |
| **HABITS FOR SUCCESS. MARK YOURSELF OUF OF 10 FOR EACH COMPONENT** | **MARK/10** |  | | |  | **MARK/10** |
| 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**

|  |  |
| --- | --- |
| 1 | HAVING AN UNSHAKABLE BELIEF IN YOUR ABILITY TO ACHIEVE YOUR GOALS |
|  |  |
| 2 | BOUNCING BACK FROM PERFORMANCE SETBACKS AS A RESULT OF INCREASED DETERMINATION TO SUCCEED |
|  |  |
| 3 | HAVING AN UNSHAKABLE SELF BELIEF THAT YOU POSSESS UNIQUE QUALITIES AND ABILITIES THAT MAKE YOU BETTER THAN YOUR OPPONENTS |
|  |  |
| 4 | HAVING AN INSATIABLE DESIRE AND INTERNALIZED MOTIVES TO SUCCEED |
|  |  |
| 5 | REMAINING FULLY FOCUSED ON THE TASK AT HAND IN THE FACE OF COMPETITION-SPECIFIC DISTRACTIONS |
|  |  |
| 6 | REGAINING PSYCHOLOGICALCONTROL FOLLOWING UNEXPECTED UNCONTROLABLE EVENTS |
|  |  |
| 7 | PUSHING BACK THE BOUNDRIES OF PHYSICAL AND EMOTIONAL PAIN, WHILE MAINTAINING TECHNIQUE AND EFFORT UNDER DISTRESS |
|  |  |
| 8 | ACCEPTING THAT COMPETITION ANXIETY IS INEVITABLE AND KNOWING THAT YOU CAN COPE WITH IT |
|  |  |
| 9 | THRIVING ON THE PRESSURE OF COMPETITION |
|  |  |
| 10 | NOT BEING ADVERSELY AFFECTED BY OTHERS GOOD AND BAD PERFORMANCES |
|  |  |
| 11 | REMAINING FULLY FOCUSED IN THE FACE OF PERSONAL LIFE DISTRACTIONS |
|  |  |
| 12 | SWITCHING A FOCUS ON OR OFF AS REQUIRED. |
|  |  |