

UNIT SESSION GOAL SHEET PLACE SCORE IN EACH COLUMN FOR EACH DAY

PRACTICE DAYS /SESSIONS

SCORE

MON

MON AM

TUE

WED

THURS

FRI

SAT

SUN

QUALITY OF SLEEP PREVIOUS NIGHT

VERY RESTFUL AN ATOMIC BOMB COULD NOT WAKE ME

1

BETTER THAN NORMAL

2

NORMAL

3

DISRUPTED

4

FEEL LIKE COUNT DRACULA

5

LENGTH OF ACTUAL SLEEP HOURS ,NOT INCLUDING READING OR SOCIAL MEDIA TIME

HOURS

2

HOURS

4

HOURS

6

HOURS

8

HOURS

10 +

WILLINGNESS TO TRAIN BEFORE PRACTICE

VERY WILLING

1

MODERATLY WILLING

2

NOT VERY WILLING

3

DID NOT ATTEND PRACTICE, LOVE ISLAND WAS ON TV

4

MOOD STATE BEFORE PRACTICE

SUPER MOTIVATED UP FOR ANY CHALLENGE

1

VERY MOTIVATED

2

MOTIVATED

3

NOT VERY MOTIVATED

4

NO MOTIVATION AT ALL, WHY AM I HERE?

5

DID YOU PERFORM R.M.A.P BEFORE PRACTICE

CIRCLE YES

YES

CIRCLE NO

NO

12 SUBSURFACE KICKS OFF EVERY WALL

EVERY TIME

1

MY INSOMNIA
BE SO BAD IF
LIE AWAKE
ABOUT



IT'S NOT A
BAD YOU W
IT'S ABOUT
YOU'RE WI
WORK FOR

excited
otional reac
prehensive en
riotic elated antici
expectant exhausted cu
hope confident ecstatic bored
Land Base
Using the R
Acti
Mol
Poten
A warm muscle is

MOST OF THE TIME	2								
SOME OF THE TIME	3								
WHEN I REMEMBERED	4								
NONE, I CANT COUNT PAST 4	5								
STREAMLINE OFF EVERY START OR TURN									
OF COURSE DO YOU HAVE TO ASK?	1								
MOST OF THE TIME	2								
SOME OF THE TIME	3								
WHEN I REMEMBERED	4								
WHATS A STRTEAMLINE ?	5								
LEAVE ON TIME FOR EVERY PRACTICE REPEAT									
EVERY TIME OF COURSE	1								
MOST OF THE TIME	2								
SOME OF THE TIME	3								
WHEN I REMEMBERED	4								
RATHER YAK WITH MY MATES	5								
LOOK AT THE CLOCK AT THE START AND FINISH OF EVERY REPEAT									
EVERY TIME	1								
MOST OF THE TIME	2								
SOME OF THE TIME	3								
WHEN I REMEMBERED	4								
CAN ONLY UNDERSTAND DIGITAL TIME	5								
GO TO THE TOILET ONLY BETWEEN SETS									
CIRCLE YES	YES								
CIRCLE NO	NO								
TOUCH WITH TWO HANDS ON ALL FLY AND BREASTROKE TURNS									
EVERY TIME	1								
MOST OF THE TIME	2								
SOME OF THE TIME	3								
WHEN I REMEMBERED	4								
I DID NOT KNOW I HAD TO TOUCH 2 HANDS	5								



ABILITY TO RECOVER DURING PRACTICE										
SUPER RAD	1									
ABOVE AVERAGE	2									
AVERAGE	3									
POOR	4									
I DON'T NEED TO RECOVER - I DON'T TRAIN HARD ENOUGH	5									
FINISHED PRACTICE WITHOUT SKIPPING ANY LENGTHS										
EVERY TIME	1									
MOST OF THE TIME	2									
SOME OF THE TIME	3									
WHEN I REMEMBERED I'M AN ATHLETE	4									
I ONLY ATTEND SO I CAN ANOY THE COACH	5									
FATIGUE SCORE AFTER PRACTICE										
LOW	1									
MODERATLY LOW	2									
MODERATE	3									
MODERATLY HIGH	4									
HIGH	5									
SCORE MUSCLE SORENESS AFTER PRACTICE										
CIRCLE MUSCLES	HEAVY									
CIRCLE MUSCLES	SORE									
SNACK AFTER PRACTICE										
EVERY TIME	1									
MOST OF THE TIME	2									
SOME OF THE TIME	3									
WHEN I REMEMBERED	4									
NONE	5									
HOMEWORK COMPLETED ON TIME										
CIRCLE YES	YES									
CIRCLE NO	NO									



Delayed Onset of Muscle Soreness

What is Muscle Soreness Trying to Tell You?

Recovery after Workouts

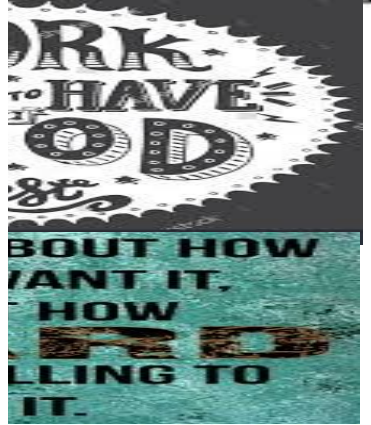
1. Drink and eat plenty of water and snacks.
2. Swim cool down after practice.
3. Eat high-energy snacks (e.g., apples, etc.)
4. Swim cool-down after practice.
5. Eat snack after the practice.



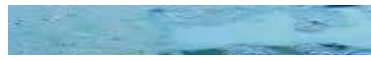
AT
HOME



Search: 07635454



anxious
dy impatient
nergized antsy
ipatory passionate
arious happy eager distr
empowered edgy determined
d Warm Ups
AMP Principle
rise
vate
bilise
afiate
a powerful muscle







Races and

ty of high-energy drinks and
t optimal pace for 10 min.
ar or fruits (bananas, pears,
t optimal pace for next 10
e workout or swim meet on
home/hotel.



EMY
EWORK

WEEKLY EVALUATION

RATE YOUR SELF ON A MARK OUT OF 10 HIGHLIGHT YOUR MARK & PLACE NUMBER IN END COLLUMN

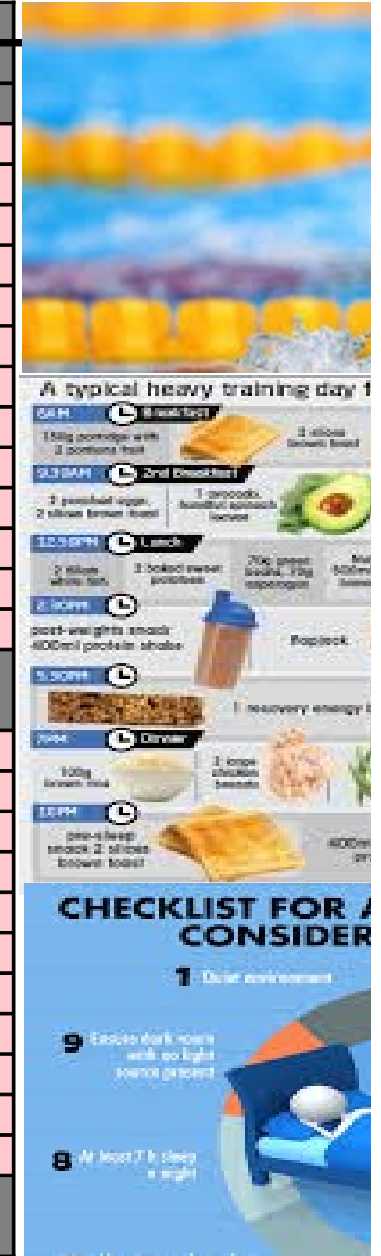
TRAINING/PRACTICE TO WIN

	1	2	3	4	5	6	7	8	9	10	
ATTENDENCE	1	2	3	4	5	6	7	8	9	10	
SKILLS. IE SST, TURNS, TECH	1	2	3	4	5	6	7	8	9	10	
CONCENTRATION	1	2	3	4	5	6	7	8	9	10	
COMMITMENT/EFFORT	1	2	3	4	5	6	7	8	9	10	
SELF CONFIDENCE	1	2	3	4	5	6	7	8	9	10	
SELF DISCIPLINE	1	2	3	4	5	6	7	8	9	10	
SELF MOTIVATION	1	2	3	4	5	6	7	8	9	10	
ENCOURAGING YOUR LANE MATES ON A TOUGH SET	1	2	3	4	5	6	7	8	9	10	
WILLINGNESS TO TRY NEW THINGS UP FOR CHALLENGE	1	2	3	4	5	6	7	8	9	10	
ON DECK 10 MINS B4 TRAINING	1	2	3	4	5	6	7	8	9	10	
RMAP /STRETCHING B4 PRACTICE	1	2	3	4	5	6	7	8	9	10	
DRY LAND AT HOME	1	2	3	4	5	6	7	8	9	10	

NUTRITION/HYDRATION EATING TO WIN

SNACK AFTER PRACTICE/SMOOTHIE	1	2	3	4	5	6	7	8	9	10	
HEALTHY BREAKFAST	1	2	3	4	5	6	7	8	9	10	
HEALTHY LUNCH	1	2	3	4	5	6	7	8	9	10	
HEALTHY DINNER	1	2	3	4	5	6	7	8	9	10	
JUNK FOOD	1	2	3	4	5	6	7	8	9	10	
WATER AT SCHOOL	1	2	3	4	5	6	7	8	9	10	
WATER AT PRACTICE	1	2	3	4	5	6	7	8	9	10	
WATER AT SCHOOL	1	2	3	4	5	6	7	8	9	10	
LARGE GLASS WATER B4 SCHOOL	1	2	3	4	5	6	7	8	9	10	
LARGE GLASS WATER B4 BED	1	2	3	4	5	6	7	8	9	10	
GLASS OF FULL FAT MILK PER DAY	1	2	3	4	5	6	7	8	9	10	

SLEEP RECOVERY TO WIN



8 HOURS SLEEP PER NIGHT	1	2	3	4	5	6	7	8	9	10	
IN BED BEFORE 11 PM	1	2	3	4	5	6	7	8	9	10	
AVERAGE DO YOU FEEL RESTED	1	2	3	4	5	6	7	8	9	10	
LIFE STYLE MANAGEMENT											
HOMEWORK DONE ON TIME	1	2	3	4	5	6	7	8	9	10	
HAVE YOU BALANCED YOUR TRAINING & EDUCATION?	1	2	3	4	5	6	7	8	9	10	
GOAL SETTING WITHIN A SESSION	1	2	3	4	5	6	7	8	9	10	
PACKING YOU OWN SWIM BAG	1	2	3	4	5	6	7	8	9	10	
UNPACKING YOU OWN SWIM BAG HANG UP COSTUME	1	2	3	4	5	6	7	8	9	10	
MADE YOU OWN PACK LUNCH	1	2	3	4	5	6	7	8	9	10	
BALANCING COMMITMENTS OUSIDE OF SWIMMING	1	2	3	4	5	6	7	8	9	10	
DEALING WITH ANY CHANGE	1	2	3	4	5	6	7	8	9	10	
SOLVING YOU OWN PROBLEMS	1	2	3	4	5	6	7	8	9	10	



Perform
The 'ideal'

Perform
Top 10
How to help you succeed



Performance 1






Food diary might look like this for Adam Peaty

 200ml fresh orange juice	 1 litre water 1 kg package with one portion of fruit	 200ml fresh orange juice with 1 litre water
 1 50g banana	 500ml water 2 poached eggs	 200g salmon 100g rice 100g vegetables
 200g salmon 100g vegetables	 200g chicken breast 100g rice 100g vegetables	 100g green beans 100g salmon
 400ml protein shake		
 1 small recovery bar or a banana		
 100g salmon 100g green beans 100g peppers	 100g chicken breast 100g rice 100g vegetables	 100g green beans 100g peppers
 200-400ml recovery/protein	 200-400ml recovery/protein	

RECOVERY FOR ATHLETES TO ENHANCE SLEEP



1. Maintain core temperature (~37°C)
2. Maintain core temperature (~37°C)
3. Ensure that bedding/clothing does not cause an environment that is too hot
4. Sleep recovery: consider time each night for falling asleep to begin and waking up

5 Avoid caffeine and food 30 minutes before heading up to sleep (no nap, however)

Avoid the use of computers, tablets, TV before sleeping

01.1.2016

Designed by @TC112pm/2016

Performance Lifestyle:

• swimming parent...

Performance Lifestyle:

Tips for Parents

Young swimmers - develop and be safe in and out of the pool.

Performance Lifestyle: An Introduction

• Performance Lifestyle?

Performance lifestyle is leading a life where you have the skills to manage your own individual environment in order to ensure that your swimming and non-swimming lives complement each other to benefit you and your performance.

TONBRIDGE & BEACHFIELD						
SWIMMERS NAME						
SQUAD						
COACH						
MONTH						
MONTHLY EVALUATION						
HOW WOULD YOU RATE THE OVERALL EFFORT PUT FORTH TOWARDS THE ACHIEVEMENT OF YOUR GOALS	1	2	3	4	5	
HOW WOULD YOU RATE YOUR CONSISTANCY IN MATTERS OF						
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	

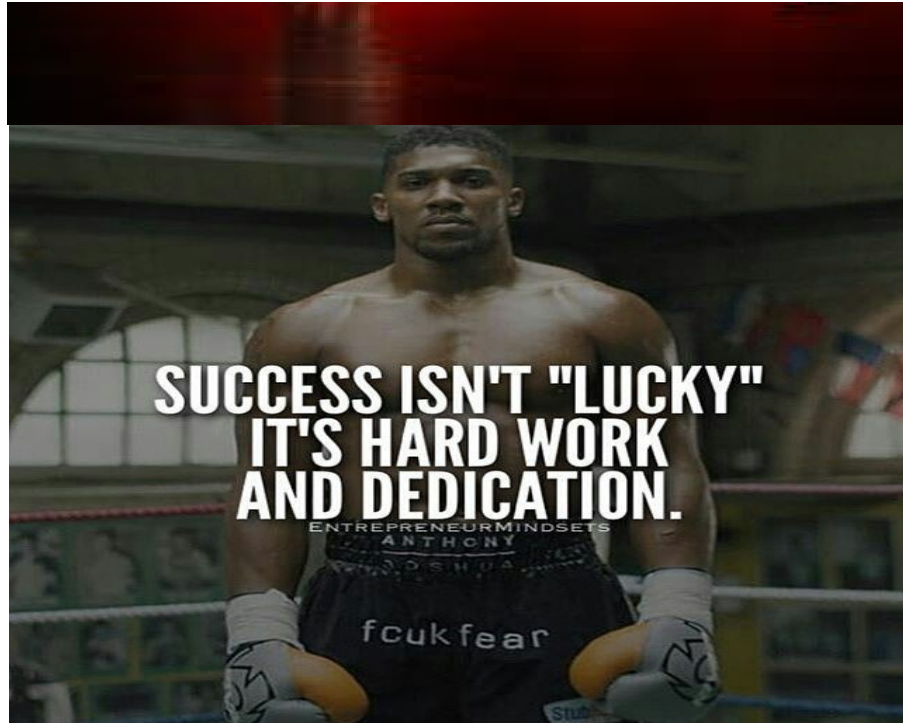
**IF YOU ARE
PERSISTENT,
YOU WILL
GET IT.**

**IF YOU ARE
CONSISTENT,
YOU WILL
KEEP IT.**



**LONG-TERM
CONSISTENCY
TRUMPS
SHORT-TERM
INTENSITY**

© 2010



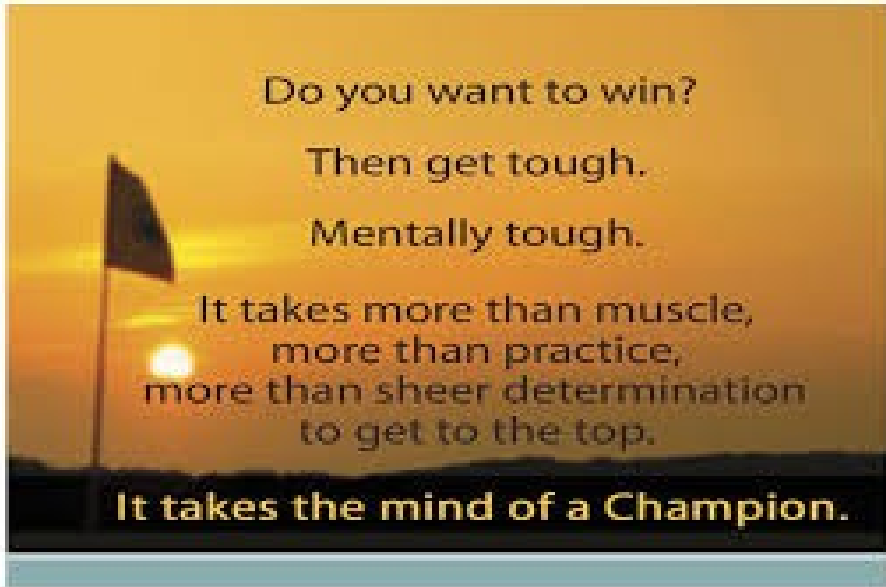
Do you want to win?

Then get tough.

Mentally tough.

It takes more than muscle,
more than practice,
more than sheer determination
to get to the top.

It takes the mind of a Champion.



My short-term goals are obtainable on a daily or monthly basis.

I like to make my short-term goals something that makes me feel better and sets me up to better prepare for the long-term goals



Write out and keep where you can see every day

These goals should be a mixture of process/ performance and outcome goals

- 1.Process goals are tactical & are detailed they are what you need to do to achieve your outcome and performance goals
- 2.Performance goals are time based and on a deadline.
- 3.Outcome goals are strategic & are the final product - the big less specific goals

SHORT TERM GOALS

What 3 goals have you achieved by the end of season 2017?

- 1
- 2
- 3

What 3 goals do you want to achieve by the end of December 2017-?

- 1
- 2
- 3

What 3 goals do you want to achieve by the end of May 2018 after SER?

1
2,
3

What 3 goals do you want to achieve by the end of 2018 season after Nationals?

1
2
3

MID TERM GOALS less specific more outcome

where do you want to be and have achieved in 2 years by the end of 2019 season?

1
2
3

LONG TERM GOALS STRATIGIC LESS DETAILED OUTCOME GOALS

Where do you want to be and have achieved in 3 years by the end of 2020 season?

1
2
3

WHAT IS YOU ABSOLUTE DREAM GOAL IN SWIMMING?

Don't be afraid to dream big !!!!!

1

THE POWER OF GOALS

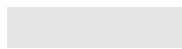
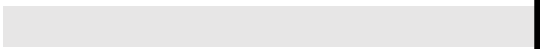
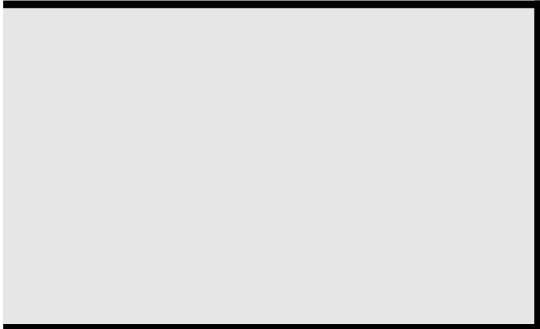
Successful athletes have a burning desire to excel and a clear vision of what they want, like a road map, goals are the mentality, goals keep you on course and give you purpose and direction, they commit you to whatever is necessary to see yourself achieving your goals, even though they are just out of reach great achievers are just ordinary people who are able to give an extraordinary effort in the worst of conditions (be it mental, eg anxiety, or physical, environment) without complaining, to accomplish their goals, people with goals because they know where they are going, they have a plan for you, it's up to you if you commit to a hard session or the set

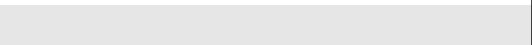
How will you reach your goals, what will you have to do, are you willing to do it?

When you have prioritized and written down your goals, print them out here on this sheet and put them in a place you can see every day, the fridge, on the inside of your locker at school, in your swimming diary

Aug-17







the motivational basis of a winning
to succeed, you should be able to
to are able to go the extra mile,
mental (ie out of your control)
ive purpose, no one else can do it



you can see every day, such as on

