|  |  |
| --- | --- |
| **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  |  |
|  |
|  |
|  |
|  |
| **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.  |
|  |   |