



Nottingham Northern Swimming Club
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NOTTINGHAM NORTHERN SWIMMING CLUB

SWIMMER'S LOG BOOK

SWIMMER'S NAME.....

ASA NUMBER.....

This log book is for you to record your competition data and any other information you feel important. The pages are for you to record the times achieved in competition.

The gala log is for use at meets and championships and for you to record any comments about your swims i.e. how you felt, what you ate before and during the meet, how much you drank. This is very useful as it can sometimes explain why you swam so well or why it wasn't as you'd hoped. Ask your coach for any feedback and enter it onto your record.

There is also a sheet to record any goals you have before the start of the season and for your coach to advise if these have been reached or any further goals you should try and reach.

Please download any part of this log you may find useful.

PERSONAL AND COACHING GOALS

Autumn

My goals	Coaches Comments

Winter

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Spring

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OTHER ACHEIVEMENTS

Distances	Date
5m	
10m	
25m	
50m	
100m	
Others	