

Name: _____

PERFORMANCE PLANNING SHEET

(Distance 50, 100, 200)

Meet Name	Date	Event	Goal		Ex: 35 sec		Goal		Ex: 34 sec	
			Split Time / SPD	SPD	50	50	Split Time / SPD	SPD	50	50
			50	50	50	50	50	50	50	50

Notes:

- 1) SPD = Stroke Per Distance (Count number of strokes for every two (2) laps)
- 2) Write down your goals (Split & SPD) according to meet entries before each meet.
Remember to think about what and how you plan on achieving these goals
- 3) Have parent write down the results during each swim (Split & SPD), and compare with your goals.
Make sure to evaluate with coach to correct future performance.