Name: _____

PERFORMANCE PLANNING SHEET

(Distance: 50, 100, 200, 400, 500, 800, 1000, 1650)

Meet Name	Date	Event	Goal Split Time / SPD — Ex: 35 sec / 7 strokes										Result Split Time / SPD — Ex: 34 sec / 6 strokes									
			50	50	50	50	50	50	50	50	50	50	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.