

HSC Swimmer Profile:

Biographical data from the Swim England website (<https://www.swimmingresults.org/biogs/>)

First name:	
ADSP stage:	
Squad:	
Number of sessions: (pool and land)	
Cycle aims/targets (SMART):	Specific: Measurable: Achievable: Realistic: Time based:
Swimmer biographical data	Year of Birth

Brief athlete profile, including strengths and weaknesses for each of the below:	
Tactical:	
Technical:	
Psychological:	
Physical:	
Lifestyle:	

