

Dear Parents/Guardians,

Please can you ensure, before each gala, all swimmers:

- Complete the attached Excel sheet
- Print out a paper copy
- Bring it poolside at each gala.

Why? Julia wants to build and encourage swimmer awareness and understanding. She has adapted a form used by USA swimming, which helps swimmers think about their swims, prior to the race. It is really important that the swimmers **complete their own form** (rather than their parents doing it for them). Some of our younger swimmers may need some help to understand and fill in the form, but we ask that you allow them to really take ownership of it.

As always, we really appreciate your support on this. This process will really help our swimmers understand their strengths and weaknesses, and will show them that significant improvements are achievable.

Guidance for completing the form:

|                     |  |
|---------------------|--|
| Name                |  |
| Gala name and venue |  |
| Date                |  |
| Event number        | List events in numerical order (left to right). Top row: morning session<br>Bottom row: afternoon session.<br><i>(This should help the swimmers know the stroke and distance for their next race.)</i>   |
| Stroke              |  |
| Distance            |  |
| Personal Best Time  |  |
| Goal Time           | The time the swimmer aims to achieve in the gala.  |
| Championship Time   | Enter the championship time the swimmer is aiming for.<br><i>e.g. If the swimmer does not have a time, enter the County time (N and D). If the swimmer has a County time, enter the Regional time (NERS). If they have a regional time, enter a National time.</i>   |
| Splits              | Each swimmer should work out the cumulative split times required to meet their goal time. Enter these split times in "Aim" section.<br><br>At the gala: Add "Actual" split time from the results sheets posted on the wall at the gala.<br><br><i>(Do this at lunchtime and at the end of the gala when they are dry so the form remains in one piece! Swimmers must remain on poolside and not fill the form in between races.)</i> |
| Comments            | Swimmers' comments are to be added at the end of the gala, <b>after</b> they have spoken to their coach and know what aspects they want to work on for each event.   |