

Competitive swimmer self evaluation questionnaire

Swimmers can use the following questionnaire to evaluate the way they train. Under each point is a section for you to make comment.

Swimmers name.....

Home Club.....

Coaches name.....

1. Maintain correct stroke technique throughout the training session.

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2. Start each training session with a correct racing start.

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3. Take at least two strokes out of every start or turn before breathing on butterfly and freestyle, regardless of the intensity of the set.

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4. Finish each repeat as if it were a finish in a race, regardless of the intensity of the set.

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5. Concentrate at all time's when doing stroke technique work.

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6. Try to execute perfection on stroke technique work, concentrating on taking fewer strokes but gaining maximum propulsion on all pulls.

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7. Work on streamlining on every start, push off and turn.

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8. Leave on the correct time for all training repeats.

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9. Look at the clock for your time on all repeats after the finish not before.

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10. Do you always perform legal turns on butterfly and breastroke training including the touch and underwater pull out in breastroke?

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11. Do you always start on alternate arms on backstroke sets so you develop turns on both sides?

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12. When asked do you work on controlled breathing patterns such as every 2 strokes in butterfly.

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13. Do you keep a neat accurate logbook?

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14. Do you record all your competition times in your logbook.

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15. Do you ask your coaches how they think you are doing?

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16. Do you always approach your training with a positive attitude?

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17. Do you believe that a champion has to try and work hard even if he or she does not feel like it?

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18. Would you say that you contribute to a positive training environment either through your work rate or attitude.

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19. Would you intentionally miss lengths in training / sets if the opportunity were available.

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20. Does it worry you if someone with slower best times constantly beats you in training?

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21. Do you concentrate on getting faster through the pull phase of all strokes?

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22. Do you always check your time when required to in sets and do you record this information in your LB.

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23. Do you perform core stability exercises every day either before or after training / at home before bed.

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24. Do you practice turning both ways on all strokes?

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25. Do you count your strokes down and back in pools to check efficiency?

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26. Can you perform your absolute best in the worst possible conditions?

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27. Is the successful swimmer the most talented or the best-prepared talent?

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28. Is the successful swimmer the person with the will to win or the person with the will to prepare to win?

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29. Are successful swimmers confident of giving their best performance in competition because they have always been consistent in giving their best in practice?

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30. Do not rely on talent. Add self-discipline to create a greater total athlete. What are you prepared to do to take the next step in your swimming?

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