MY SPORT TRACKER

Swimming club and lessons | Club details and kit

CLUB DETAILS

CLUB OR TEAM NAME

COACH

CONTACT NUMBER

AGE GROUP OR SQUAD

VENUE AND ADDRESS

TRAINING DAYS AND TIMES

WHO MAY COLLECT

KIT

- [ ] Swimsuit or trunks
- [ ] Goggles
- [ ] Swim cap
- [ ] Towel
- [ ] Flip flops for poolside
- [ ] Spare bag for wet kit
- [ ] Hairbrush and bobble
- [ ] Water bottle
- [ ] Warm layer for afterwards
- [ ] Snack for after
- [ ] Everything named
- [ ] Kit bag

MONEY AND PAPERWORK

SUBS AMOUNT AND HOW OFTEN

RENEWAL DATE

- [ ] Registration or membership completed
- [ ] Consent form returned
- [ ] Medical form updated
- [ ] Photo permission given
- [ ] Kit ordered and all of it named
- [ ] Club app or group chat joined
- [ ] Fixture list saved to the calendar
- [ ] Cancellation and bad weather policy checked

Notes: parking, lift shares, kit sizes, anything worth remembering:

MY SPORT TRACKER

Swimming club and lessons | The month ahead

SESSIONS AND FIXTURES

MONTH

DATE	STARTS	LEAVE BY	TRAINING OR FIXTURE	LOCATION	TAKEN BY	PAID

Journey notes, parking, kit swaps and anything else:

MY SPORT TRACKER

Swimming club and lessons | My month

SESSIONS I WENT TO

Tick a box for every session. Colour a star for how hard you tried.

Week 1	☐	☐	☐	☐	Effort	☆	☆	☆	☆	☆
Week 2	☐	☐	☐	☐	Effort	☆	☆	☆	☆	☆
Week 3	☐	☐	☐	☐	Effort	☆	☆	☆	☆	☆
Week 4	☐	☐	☐	☐	Effort	☆	☆	☆	☆	☆
Week 5	☐	☐	☐	☐	Effort	☆	☆	☆	☆	☆

THINGS THAT MATTER MORE THAN WINNING

- ☐ I listened to my coach
- ☐ I tried something I find hard
- ☐ I encouraged someone else
- ☐ I kept trying when something was difficult
- ☐ I practised at home
- ☐ I showed respect to other players or competitors
- ☐ I asked for help when I was stuck
- ☐ I enjoyed myself

What I got better at this month:

What my coach said:

Draw your best moment of the month:

MY SPORT TRACKER

Swimming club and lessons | Events, progress and awards

EVENTS AND COMPETITIONS

DATE	EVENT OR COMPETITION	HOW IT WENT	ONE THING TO DO NEXT TIME

MY PERSONAL BESTS

Write in your own if it is not listed. Beat it and write the new one alongside.

	MY BEST	DATE	NEW BEST	DATE
25m front crawl				
50m front crawl				
25m backstroke				
25m breaststroke				
25m butterfly				
Longest distance swum				
Stage or badge reached				

BADGES, AWARDS AND CERTIFICATES