

Athlete Diary



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NAME: _____

The **i**RECORD™ Diary is a comprehensive athlete planning and recording tool. It was developed to assist performance athletes and their coaches manage and monitor training, fitness, health, lifestyle and performance.

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For further information regarding purchasing the **i**RECORD™ Diary and Performance Management system contact:

Email: hps@paulgastin.com

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2011

PERSONAL DETAILS

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Emergency Contact

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2012 YEARLY PLANNER

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2012 YEARLY PLANNER

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INTRODUCTION

Why a Diary?

A training diary is one of the most valuable tools of the athlete who is intent on improving. Success comes with effort and a systematic approach to training and preparation for competition. You should see your development as a long-term journey over many years that progressively puts together and refines the many pieces of the jigsaw puzzle that produces the successful performer in your sport.

The **South West Academy of Sport (SWAS) iRECORD™ Diary** provides a systematic approach to the athlete development journey and the jigsaw puzzle that lies before you. If used effectively, the Diary will help you discover who you are, where you hope to get to, how you respond, and what you need to do to progress.

The use of the Diary over time will develop habits in you that are essential for success – vision and focus, dedication and application, discipline and self-reliance, planning and prioritised action.

How will it help me?

The SWAS iRECORD™ Diary will guide you through a number of important steps in a structured and systematic manner:

- Profile yourself and your sport
- Set goals and plan your training and competition programme
- Record and monitor your responses to sport-life activities
- Periodically review your progress and use it as a springboard to plan ahead

Why so much detail?

The SWAS iRECORD™ Diary is made up of a number of sections that each fit together to create the bigger picture. Athlete development and performer success is a complex mix of skills, activities, responses and opportunities. Many of the jigsaw pieces will fit together daily, some over weeks and months, while others over many years.

Key components include yearly planning, sport and performer profiling, weekly planning, daily recording of training and competition, and self-monitoring of responses to sport-life activities. Additional tools provide a means to keep accurate personal records of important detail relating to injury, medications, food and fitness testing.

Flexibility exists within the Diary and you may choose not to use all of the tools that are provided. This is best discussed with your coach or those that support you most.

“We shared a common goal. We both wanted to achieve excellence, not just in one single performance but in the profession as a whole.

I thought about what was needed to succeed and went away and worked on it. I worked really hard, in every area of my performance.”

Richard Fox
Slalom Canoeist
5 Time World Champion

National Performance Director of Australian Canoeing

South West Academy of Sport

How much time will it take?

While the SWAS *i*RECORD™ Diary is comprehensive in its approach, its effective use may take as little as 10 minutes each day. Entry of more comprehensive training detail and regular reviews and planning will no doubt take a little longer.

Who can assist me?

There are many people who can assist you with the successful use of the SWAS *i*RECORD™ Diary, most notably your coach. Others may include your Performance Lifestyle Manager/Athlete Advisor, fitness advisor or sport psychologist. Remember that a primary objective of the Diary is to pull together all relevant pieces of the jigsaw puzzle; hence all those in your support team should be able to contribute and assist. Essentially the Diary is a tool, to be used by you and those around you, to support and guide your development.

Should I carry it with me?

While this is a personal preference, the SWAS *i*RECORD™ Diary will be most useful if it is carried with you at all times. It will contain a complete record of relevant information for quick reference by yourself and others as well as allowing you the opportunity for immediate entry of information wherever you are.

As the Diary is contained in a ring-binder it allows you the opportunity to archive sections as you go to ensure the Diary remains a manageable size and weight.

The importance of process

The philosophy behind the SWAS *i*RECORD™ system is that athlete development is a very individual and personal process, but that this should be guided by good practice in a systematic way. Hence it attempts to assist both the art and science of coaching. It will take time for you to become familiar with the SWAS *i*RECORD™ Diary and how best to use it. Don't feel that your records need to be perfect. What is most important is that you commit to working through the systematic process of planning, recording and reflecting in the cyclical manner that is encouraged. Perfection will come with time!

"You have to monitor the fundamentals constantly because the only thing that changes will be your attention to them."

*The fundamentals will never change.
Step by step, I can't see any other way of achieving anything."*

Michael Jordan

*Greatest basketball player of all time
2 Olympic Gold medals
6 NBA Championships, 5 NBA MVP awards
32,000 NBA points*

GOAL SETTING

Your **Performance Profile** is the platform from which you plan. From this platform, Goal Setting will help meaningfully direct your focus and ensure long term sporting ambitions are translated into medium and short term activities.

Goals can be classified into two main categories: outcome and process. **Outcome Goals** are the things you are trying to achieve such as performances whereas process goals are the things you'll need to do to get there.

Examples of outcome goals might include winning a competition or medal, achieving a certain ranking, qualifying for an event or successfully completing a race.

Process Goals include all the things that help you achieve a particular outcome such as improving your fitness, completing a certain number of training sessions or distances, developing a particular skill, improving your diet or managing injuries better. Completing your Diary is also a process goal (!) as it will require developing a new daily habit and the discipline that goes with it.

Goals are more likely to be meaningful if they are SMART in nature. Hence they should be *Specific, Measurable, Agreed, Realistic* and *Time* phased. Having said that, goal setting, profiling, and prioritising actions should be a dynamic process and evolve quite naturally once you develop the habit. Try not to make the process too complicated or get caught up in the detail. Simply going through the exercise, taking time out to think and then having meaningful discussions with your coach will ensure you have moved forward in a very positive way.

Process Goals should be developed for the eight **Critical Success Factors** you have identified in your Performance Profile, particularly the most important you have prioritised. These should in turn be transferred to the start of each **4 week cycle**. From this point, and having reviewed the previous 4 week cycle, set yourself goals and then actions that relate to these critical areas. This will help motivate you to keep working hard and provide a process of continuous achievement that builds toward your bigger goals.

“I can’t lose. I always have aims and I don’t stop until I get what I want. I never give up. I could easily have given up when I was younger, never making those rep teams, thinking I wasn’t good enough etc., but I believed in myself.”

Marco Bresciano

Football midfielder

Socceroos (2001-present) & US Palermo

THE PLANNING PROCESS

There is no substitute for planning and the process is at the very heart of every successful athletic career. The SWAS *i*RECORD™ Diary is as much about planning as it is record keeping. It attempts to very carefully guide you and your coach through a systematic process that begins and ends with each new training year.

Seven critical steps can be outlined that summarise the *i*RECORD™ process:

1. **Understand your Sport.** Profile the sport and the event that you are competing in. Analyse successful performers within your sport who represent the ‘gold standard’.
2. **Understand Yourself.** Profile yourself against the Critical Success Factors that have been identified. Know exactly how you stack up, your strengths and weaknesses, the areas requiring attention and the opportunities that exist.
3. **Review the Past.** Continually review the past and use it to outline the future. Records, performances, responses and actions should be reviewed annually and after each cycle.
4. **Plan and Prioritise.** Use the personal insights and the information that has emerged through steps 1-3 to plan ahead. The more detailed and reflective the process, the more informed will be the future plans.
5. **Document and Record.** Documenting relevant information relating to your training and sporting life provides many performance related benefits. The diary becomes a permanent and accurate record of your training history and can be used by yourself and others to shape the future.
6. **Analyse and Project.** Detailed training records that are well structured and provide meaningful information can be carefully analysed and used to project into each new training cycle and year.
7. **Cyclically Repeat.** The importance of repeating good practice can never be underestimated. The steps above should be cyclically repeated and should occur, in different forms, on a 4 weekly and annual basis.

An overview of the structure and focus of your training and competition for the year is developed in the **Annual Training Plan**. It is influenced by your short and long term performance goals and the prioritised actions emerging from your **Performance Profile** and the **Critical Success Factors** you have identified.

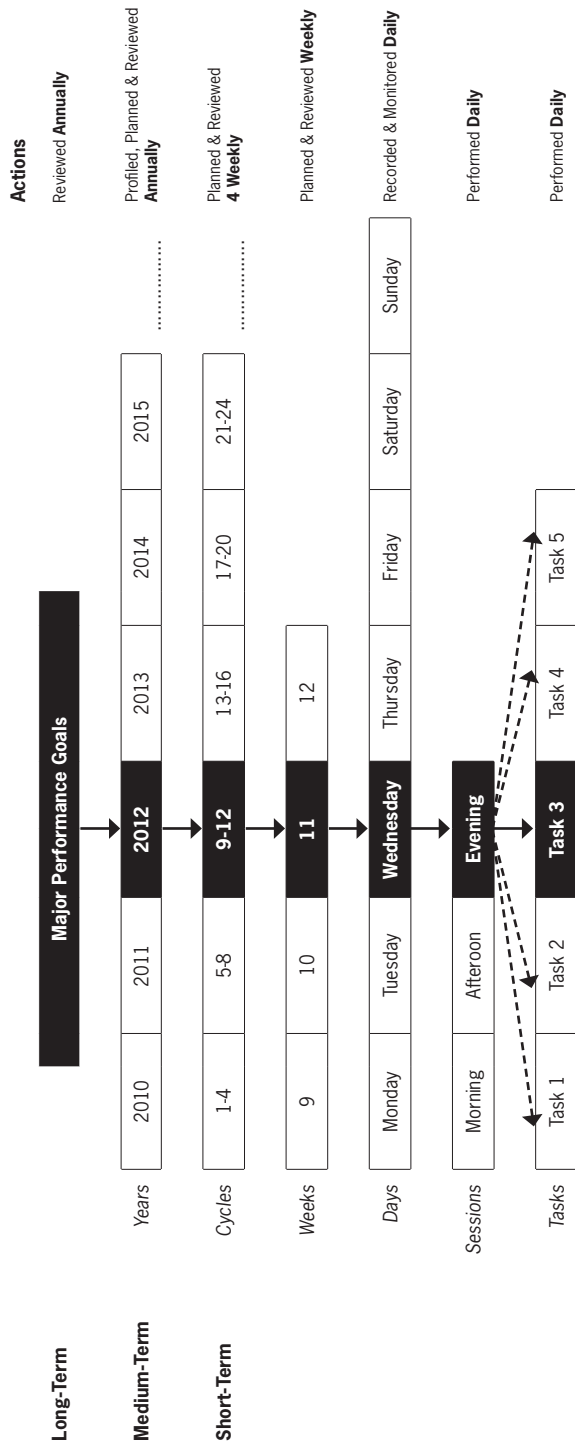
The **Annual Training Plan** represents the guiding blue-print for your training over the year.

*“We always talked things through, we were always planning.
All the planning gave me an edge. I always had a blueprint to focus on,
a goal to keep me motivated.”*

Chris Boardman

*1992 Olympic Pursuit Cycle Gold medalist, World hour record holder
Nicknamed the Professor for his meticulous attention to preparation detail*

PERFORMANCE PLANNING



BUILDING YOUR SPORTING CAREER

The journey to being a successful athlete is paved with hard work over a long period of time. We know for example that it can take up to 10,000 hours of dedicated practise to become an expert in any field. It is therefore essential that we progressively build an athletic career based on sound principles and known good practice.

*"I got through because in this day and age, talent isn't enough.
You have to be 100 percent committed and you have to put in hard work
more than anything else.
Every day, practise, every day, improving yourself."*

*Brett Emmerton
Socceroo captain 2000 Olympics*

The concept of Long Term Athlete Development presents a systematic approach that stretches from a child's early introduction into sport all the way through to being a successful performer on the international stage. Your sport should have guidelines that adapt this model to its specific requirements. Understanding this approach can help you appreciate how what you do today can influence what you will be capable of in the future. Equally important, knowing what you want to do in the future will help guide what you do today.

*"It started as a hobby and I continue to try and treat it that way.
Every day I love going to training and the competition."*

*Tony Vidmar
Socceroo 1991-2006*

The SWAS *i*RECORD™ Diary uses a system that continually links daily activities with longer term goals, plans and ambitions. One should always influence the other. The figure on the opposite page illustrates this important Performance Planning approach and provides an overview of the actions required to make these links.

*The tools in the iRECORD™ Diary provide a systematic process and link
between the important steps highlighted in the preceding sections.
One step quite naturally leads on to the next and provides a means by which
the building blocks of your athletic and personal development come together.
Use it wisely and with commitment and you will surely reap the rewards.*

Dr Paul Gastin, 2011

LIFESTYLE MANAGEMENT

Lifestyle is the foundation on which you build your performance. It provides the stable base on which to train and compete. Taking control of important aspects of your life also helps to prevent occurrences that can have devastating effects on performance. Issues relating to home, time, relationships, money, health, motivation and enjoyment can all detract from your ability to focus on your sport.

A quick and simple way of assessing current lifestyle and level of satisfaction is to complete the **Lifestyle Management: Profile**.

Profiling is a powerful tool and is used extensively in coaching and sports psychology to assess current status relating to performance. It is an ideal way of identifying and understanding strengths and weaknesses as well as personal preferences and styles.

“It is impossible for people to know what it is like. You are virtually a nomad, always travelling and never settled really. Different phases of your life occur through these constant transitions, marriage, family etc. We have lived like this for so long now, but in the end it is a great experience and you have to experience as much as you can, even the hardships along the way.”

Josip Skoko

In this exercise the principles of profiling are used to assess level of satisfaction, personal fulfilment (as opposed to ‘success’) and degree of stability in eight key areas of your life.

Use the Lifestyle Wheel to provide a visual presentation of your lifestyle balance and the **Lifestyle: Goals and Actions** sheet to direct your efforts in making meaningful changes. Remember, if you are not satisfied with your current circumstances, you should take steps to do something about the situation.

Important Steps

Follow these steps to develop a meaningful **Lifestyle Management: Profile**:

1. Think about your major life goals and ambitions. Write these down!
2. On the Profile sheet, use the Lifestyle Wheel to graphically represent your assessment of current status in each key area (rate from 1-10 with 10 being optimum).
3. Use the Goals and Actions sheet to rate the ideal or optimum for each of these factors in relation to your major life goals.
4. Prioritise the importance of addressing any discrepancies between current and ideal.
5. Identify appropriate **Lifestyle Management: Goals and Actions**.
6. Review the Lifestyle Profile periodically throughout the year and assess your progress.

In terms of Lifestyle Management, be mindful that some areas will directly support your major life goals and should be pursued with vigour, while others will help keep you happy and healthy and provide the stable foundation on which to achieve your goals. **Also note that “balance” does not have to imply equity, particularly in respect of time devoted.**

LIFESTYLE MANAGEMENT: Goals and Actions

Lifestyle Factor	Current (1-10)	Ideal (1-10)	Priority (H/M/L)	Goals/Actions
1. Lifestyle Management	8	9	H	Adhere to Diary planning Develop greater independence - look for accommodation and save for a car
2. Health & Well-being	7	8	M	Greater focus on rest and recovery - sleep more consistently and min. 8 hours each night - proactive with massage and hydro (at least 1 each per week) - less junk food on the weekends!
3. Career Management	5	8	H	Meet with Professional Footballers Association re Player Agents
4. Learning & Development	6	7	L	Negotiate with University to finish course by flexible and distance learning. Meet with Career Development Advisor
5. Relationships, Family & Friends	8	8	L	Important for me but not an action priority as things are in good shape in this area - maintain contacts and family commitments - be more proactive with postcards and email while I'm away
6. Rest & Relaxation	7	7	L	Okay here - generally pretty happy with life and recognise can't afford to spend too much time socialising - spend more time listening and playing music (2 hours per week)
7. Spiritual & Cultural	4	6	M	Check out calendar of cultural activities in Sydney and major concerts
8. Financial Planning	5	7	H	Meet with Independent financial planners Complete budget planner

LIFESTYLE MANAGEMENT:

Goals and Actions

Lifestyle Factor	Current (1-10)	Ideal (1-10)	Priority (H/M/L)	Goals/Actions
1. Lifestyle management				
2. Health & Fitness				
3. Career Management				
4. Learning & Development				
5. Relationships, Family & Friends				
6. Rest & Relaxation				
7. Spiritual & Cultural				
8. Financial Planning				

LIFESTYLE PLANNING

The **Lifestyle Stress Yearly Planner** is designed to assist in the identification of busy and potentially stressful periods throughout the year. This may be the case during your football or professional development year, during peak periods of training or competition, or in your personal life. If these periods happen to coincide then the cumulative effects can be very stressful.

Very busy times in the year can lead to poor performance, changes in mood, and increased potential for injury or sickness. The effects can therefore be both physical and psychological. The purpose of the Lifestyle Stress Yearly Planner is to help identify potentially stressful periods before they occur.

Early identification can lead to the inclusion of strategies to help prevent the workload being excessive at these times. Forward planning can result in changes to the way you work, study, train, or compete.

"I love this job. I love this sport. I love everything about it. It was a dream to do it, and I never take it for granted, never. I train when I have to train, and rest when I have to rest. I am not a priest and enjoy myself when there is something to be enjoyed, but never take it for granted."

Vince Grella

Blackburn Rovers FC and Socceroos

Instructions:

The **Lifestyle Stress Yearly Planner** encourages you to consider all aspects of your life and to identify times that may be potentially busy and record events that have a high priority and will require a certain degree of focus on your part. Importantly it is often the interaction between these peak times and events that can have the potential to adversely affect your performance.

Consider each of the areas listed under the "Key" (i.e. football, personal & professional development, life). Include other areas if you feel it appropriate. Use a different symbol or a combination of lines and symbols (see example) for each key area. Use the 1 - 5 scale to rate activities or events on their "stress" potential throughout the year. High potential stress ratings usually coincide with deadlines, important events or intensive work periods.

Questions to Consider:

Football: When are my heaviest training periods? How long is the competitive season? When are finals and national squad commitments held? Am I likely to be travelling or away from home? Does my workload vary throughout the year? If and when will I take holidays? Has football related travel altered?

Professional Development: When are my peak professional development periods? When are exams or assignments due? Can I complete learning & development requirements before due dates? Have my learning & development commitments altered from last year?

Life: (including Social/Family/Living) Are there any key events or functions throughout the year? Is my social life or obligations likely to be any different from last year? Are my living or financial arrangements likely to change?

Once completed, consider ways in which potentially stressful periods can be minimised and make appropriate forward plans.

LIFESTYLE STRESS YEARLY PLANNER

Month

Week

Date (Monday)

January

February

March

April

May

June

July

August

September

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
29	5	12	19	26	2	9	16	23	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20

STRESS

High

Medium

Low

5

4

3

2

1

KEY

Sport:

Work:

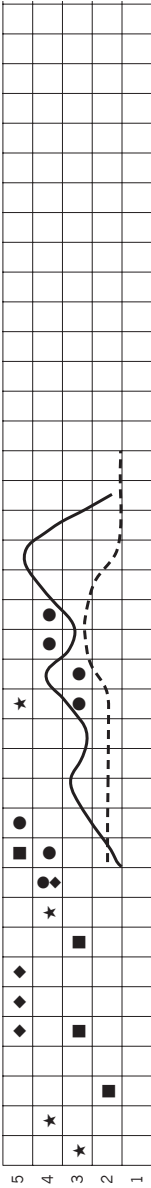
Study:

Life:

Symbol Example

Line & symbol example

Notes / Actions:



EXAMPLE

Month

Date (Mon)

Week

January			February			March			April			May			June			July			August			September			October			November			December																			
2	2	9	16	23	30	6	13	20	27	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	2	13	20	27	3	10	17	24	31												
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53

STRESS

High

4

Medium

2

Low

KEY

Symbol or Line Style

Notes:

Sport:

Work:

Study:

Life:

PERFORMANCE MANAGEMENT

Performance profiling is an opportunity for you to assess yourself in relation to successful performers within your sport. It provides a simple tool to help identify **Critical Success Factors** in your sport / event and assess your current and desired status. In this way you can benchmark yourself, prioritise areas to enhance and actions to take, and track your progress year on year. Profiling is about knowing yourself, identifying where you want to get to and systematically working towards your goals based on focused action.

The **Performance Management: Profile** will ideally be completed with your coach, Career Development Advisor or someone who plays an important role in your football career. The process is very important; it should facilitate an honest and frank discussion to review and clearly state your goals and then agree and commit to what it is required to achieve them.

The process may also identify areas requiring attention that underpin your ability to train and adapt such as recovery practices, injury management, or balancing activities outside of your sport.

Profiling should be undertaken at least annually and be used as a basis for developing your goals and the **Annual Training Plan** that will ensure you achieve them.

Remember that your development as a professional/elite amateur footballer is a long term journey and that progress in some areas may appear slow. Be patient and take comfort in the fact that your efforts, through this profiling process, are being systematically directed toward critical areas that will make a performance difference.

Critical Success Factors

Critical Success Factors will differ for each sport and for each player. You should utilise the SWAS support networks that provide key systems and personnel that are important for success. It is important to have a balanced approach as you progress in your sport but to also be prepared to focus attention on factors that will make the most difference to your performance.

Critical Success Factors are many and varied, and may change from year to year as you develop or the sport moves on. Essentially they are the most important aspects that, if optimally developed, will ensure success in your event. Once identified they can usually be broken down further into more specific elements. They may relate to physical capacities, technical and tactical skills, mental skills, recovery and performance enhancement practices, preparedness to compete, ambition and self-belief, rules and regulations related to your football, life skills, personal management and football-life balance.

Prioritising Critical Success Factors will focus your attention and efforts. Each training and study session should have a purpose and contribute to an intended outcome. Daily and cycle training and study activities and prescription should therefore be closely linked to your Performance Profile and your stated goals.

Important Steps

Follow these important steps to successfully Manage your Performance:

1. Determine your major performance goals (short term and long term, process and outcome), recording these on the **Performance Management: Profile** sheet.
2. Identify key capacities or factors that relate to your sport and your performance goals. List as many as possible on the **Performance Management: Important Factors** sheet under the key headings of Technical, Tactical, Physical, Mental, Personal & Professional Development, Lifestyle/Personal, Management.
3. From this comprehensive list of factors, select **8 Critical Success Factors** you and your coach agree to be the most important. Transfer these to both the **Performance Management: Profile** and **Goals** sheets.
4. Consider the ideal or optimum for each of these factors in relation to your goals (consider successful performers in your sport). Rate your current status in relation to the ideal, thereby identifying current strengths and weaknesses (this is best done separately and then compare and agree responses with your coach).
5. Plot your ratings, both current and ideal, on the Performance Wheel. Identify discrepancies where they exist.
6. Prioritise the factors for the coming year that will require targeted action. Identify Process Goals to guide your focus.
7. Transfer relevant detail relating to Critical Success Factors to the **Cycle: Goals and Actions** sheet within each of the 13 four week cycle sections. This ensures annually planning is linked to daily practise.
8. Review the Performance Profile periodically throughout the year. Revisit the Performance Wheel and your Process Goals to assess your progress.

PERFORMANCE MANAGEMENT:

Important Factors

EXAMPLE

<p>Technical</p> <p><i>Ball acquisition and possession skills</i></p> <p><i>Disposal and scoring skills</i></p> <p><i>Defending skills</i></p> <p><i>Body movement and deception skills</i></p>	<p>Tactical</p> <p><i>Adhere to tactical disciplines of team - formations, attacking and defensive tactics</i></p> <p><i>Review and track performances</i></p> <p><i>Identify characteristics of the 'ideal' player</i></p> <p><i>Opposition team and player analysis</i></p> <p><i>Competition experience, overseas travel</i></p> <p><i>Understand rules and regulations</i></p>
<p>Physical</p> <p><i>Aerobic base</i></p> <p><i>Speed endurance, speed endurance!</i></p> <p><i>Maximal speed</i></p> <p><i>Acceleration</i></p> <p><i>Core stability</i></p> <p><i>Core strength</i></p> <p><i>Plyometrics and elastic strength</i></p> <p><i>Hip and lower back flexibility</i></p> <p><i>Muscle balance (front/back, left/right)</i></p>	<p>Mental</p> <p><i>Practice pre-match routines</i></p> <p><i>Visualise / rehearse all scenarios</i></p> <p><i>Focus on internal cues to maintain technique</i></p> <p><i>Block out distractions</i></p> <p><i>Discipline = confidence, maintain it</i></p> <p><i>Learn from defeats</i></p>
<p>Lifestyle / Personal</p> <p><i>Must be healthy and injury free</i></p> <p><i>Finances - access bank loan</i></p> <p><i>Continue to enjoy the sport and training process</i></p> <p><i>Lifestyle that supports performance</i></p> <ul style="list-style-type: none"> - sort property investment - increased focus on rest and recovery <p><i>Find time to chill - music?</i></p> <p><i>The future?</i></p> <ul style="list-style-type: none"> - complete degree - maintain / establish networks 	<p>Management</p> <p><i>Strengthen relationship with coach</i></p> <ul style="list-style-type: none"> - listen and respond - communicate <p><i>Injury management</i></p> <ul style="list-style-type: none"> - respond quickly - continue rehab once back in full training - get back to pre-injury muscle strength <p><i>Commit to diary and training records</i></p>

PERFORMANCE MANAGEMENT: Important Factors

Technical	Tactical
Physical	Mental
Lifestyle / Personal	Management

PERFORMANCE MANAGEMENT: Profile

EXAMPLE

Performance Goal/s: *(for 2009/2010)*

Outcome: 1. Win Youth Grand Final

2. Secure ongoing contract with A-League Club

Process: 1. Increase basic conditioning work

2. Schedule extra skill sessions with coaches

3. Focus on recovery and rehabilitation

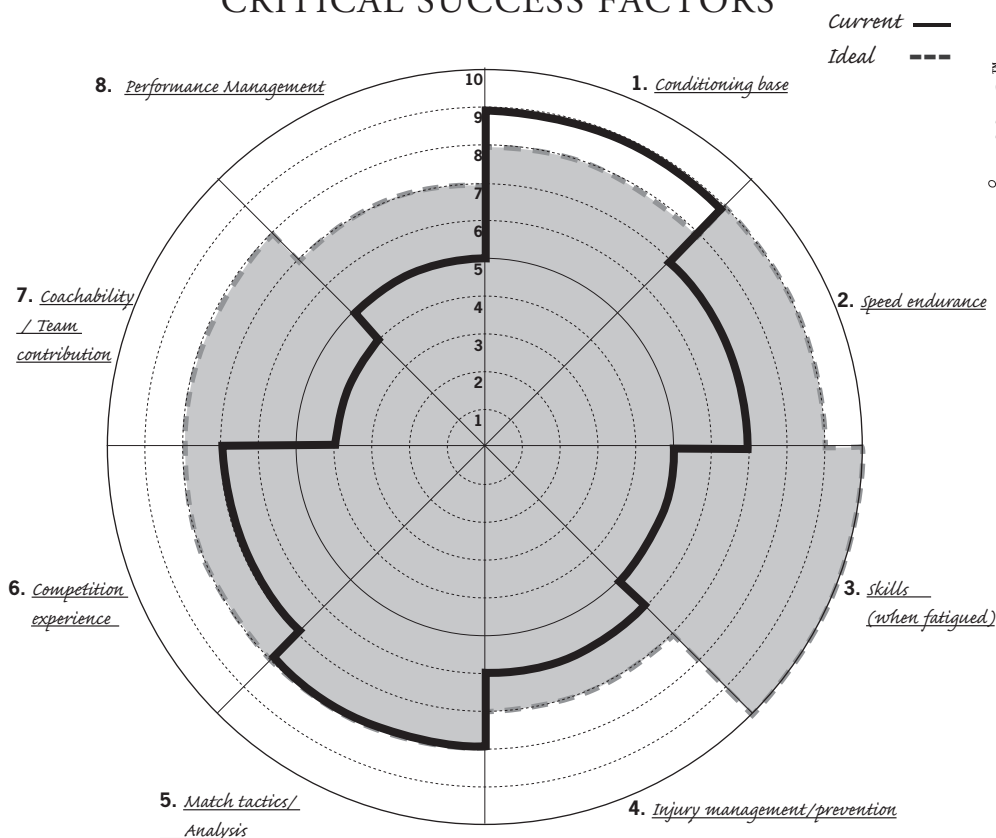
4. Improve team contributions and coachability

5. Commit to planning and record keeping

6. Become independently mobile - save for car

Date: 1st August 2010

CRITICAL SUCCESS FACTORS



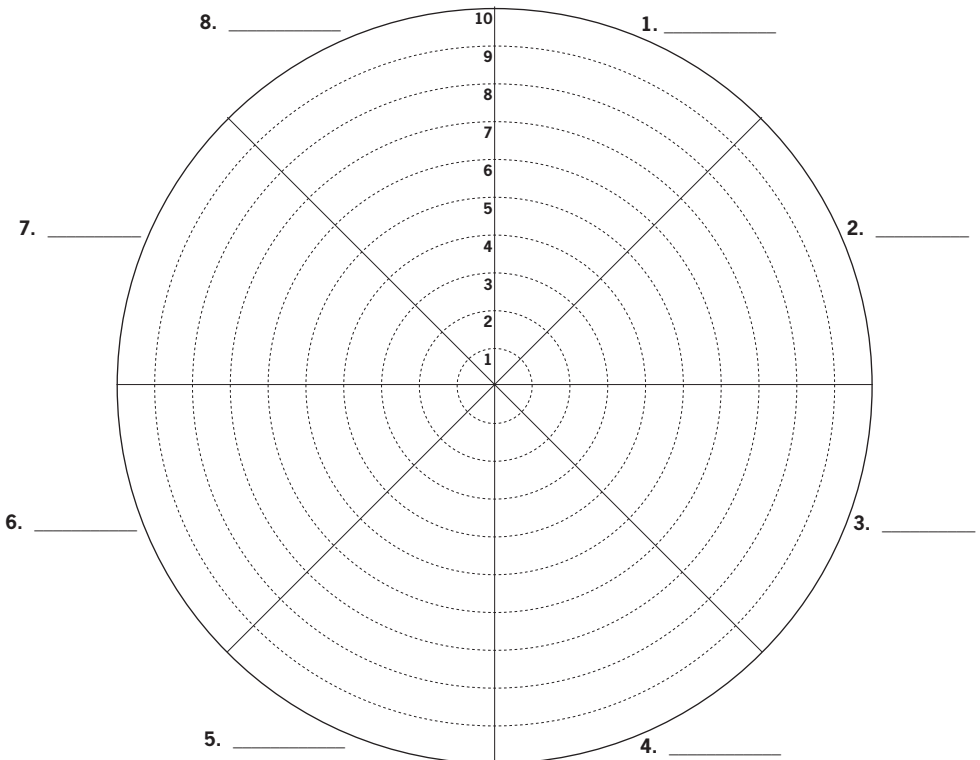
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PERFORMANCE MANAGEMENT: Profile

Performance Goal/s:

Date:

CRITICAL SUCCESS FACTORS



PERFORMANCE MANAGEMENT: Goals

EXAMPLE

Critical Success Factor	Current (1-10)	Ideal (1-10)	Priority (H/M/L)	Process Goals
1. Conditioning	9	8	L	a. Increase emphasis on base conditioning work during pre-season b. Introduce pre-habilitation (injury prevention) work
2. Speed endurance	7	9	H	a. Increase repeated efforts during training b. Additional sprint work at start of each week
3. Skills (when fatigued)	5	10	H	a. Maintain skills under all circumstances during training, particularly under pressure. b. Manipulate fatigue prior to key sessions to emphasise this. c. Work on passing penetration and first options
4. Injury Management / Prevention	6	7	M	a. Increase prevention and recovery practices to balance increased focus on quality and intensity of training - 1 massage per week - 2 stretch & hyrdo sessions per week b. Contact doctor asap if knee niggle re occurs
5. Match tactics / Analysis	8	8	L	a. Strict adherence to team formations b. Review opposition tapes on Friday each week c. Review personal game on Mons
6. Competitiveness	7	8	M	a. Play in all pre-season games b. Compete hard whatever the game circumstances
7. Coachability / Team contribution	4	8	M	a. Make an effort to communicate more with coach b. Do more outside of training to improve my performance - time management and punctuality - understanding of team tactics c. Adhere to team rules and code of conduct
8. Performance management	5	7	H	a. Commit to keeping diary and planning up to date b. Regularly review goals and actions

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PERFORMANCE MANAGEMENT: Goals

DIARY OVERVIEW

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Critical Success Factor	Current (1-10)	Ideal (1-10)	Priority (H/M/L)	Process Goals
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

MANAGING TIME

Time Management is not the most exciting skill you need to develop as an athlete, but it is one of the most valuable. Without it, you'll find there simply aren't enough hours in the day.

The **Time Plan** provides a method by which you can effectively allocate important activities to your weekly schedule. Start first with all the activities that are most important or are required and necessary. After you place these in the Time Plan, add other activities of lesser importance.

Colour coding various types of activities (e.g. training/competition, conditioning, recovery, work/study, lifestyle, etc.) can help you quickly identify whether the week has plenty of variety to keep you focused, motivated and balanced in your approach. This exercise, along with others in the *i*RECORD™ Diary, gives you the opportunity to take a helicopter view of the week, encouraging you to take a look at the slightly bigger picture.

In this case it is the week in overview. Is it manageable? Will it likely achieve the objectives previously identified in this cycle of the **Annual Training Plan**? Are recovery and adaptation suitably catered for? Do training workloads adhere to the sound principle of varying the stress? Are there any down times and the chance to spend time on other important areas of your life identified in the Lifestyle Profile task?

*"I know exactly what I'm doing hour to hour every day of the week.
It is extremely hectic. You have to become organised.
You have no choice."*

Georgina Harland
Modern Pentathlete
Olympic Bronze Medallist 2004
5 sports, 24 training sessions per week

*"It's not the ordinary lifestyle of a teenager.
People have said to me 'Why do you do it? You are missing out on a lot'.*

*But I don't see it like that. This is what I enjoy and there is plenty of time
for the other things in life."*

David Davies
Swimmer, 19 Years
1500m Olympic Bronze Medallist 2004

TIME PLAN

EXAMPLE

- Use the weekly Time Plan below to schedule training and other activities for the week.
- Consider all commitments, including **work, study, social** and training obligations.
- Schedule in fixed commitments first. Prioritise all activities to ensure the week is manageable and productive.
- Adaptation to training, which is primary goal, is achieved by equal priority given to both training and recovery.
- In planning the week, allocate the number of training sessions (from the list provided; add to the list as required) and then complete the Time Plan.
- To effectively recover from training, recovery techniques such as massage, hydrotherapy, and various relaxation methods need to be actively planned.
- Use different colours for various types of activities. Is the week multi-coloured?
- At the end of each day, indicate expected training workload: light (L) moderate (M), heavy (H), very heavy (VH). These should relate to the workload of section of the Self Monitoring: Daily Record.
- **Once finished, consider whether the week is balanced, manageable and aligned with sport and life goals.**

Training/Competition	Conditioning	Recovery / Health	Lifestyle
<u>1</u> Individual Skills	<u>2</u> Weight Training	<u>1</u> Massage	<u>1</u> Work
<u>4</u> Team Training	<u>1</u> Sprint/Power	<u>1</u> Hydrotherapy	<u>2</u> Study
<u>1</u> Competition	<u>1</u> Endurance	<u>3</u> Flexibility	<u>1</u> Social
<u>1</u> Other	<u>1</u> Agility	<u>1</u> Active Recovery	<u>1</u> Chores
	<u>1</u> Cross Training	<u>1</u> Treatment	<u>1</u> Personal Time

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DAY: DATE:	Monday / /	Tuesday / /	Wednesday / /	Thursday / /	Friday / /	Saturday / /	Sunday / /
6am							
7						Travel to Melbourne	
8							
9			Online Exam				
10	Recovery	Team		Team	Team		
11							
12	Coach meeting	Massage			Opposition analysis		
1pm							
2	Chores	Gym		Gym			
3					Study		
4		House renos		Extra skills		Team	Game v. Melbourne
5	Flexibility		Flexibility		Flexibility		
6							
7							
8			Movie night				
9							
Workload	<u>L</u>	<u>H</u>	<u>L</u>	<u>H</u>	<u>L</u>	<u>L</u>	<u>VH</u>

TIME PLAN

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- ***Once finished, consider whether the week is balanced, manageable and aligned with sport and life goals.***

Training/Competition	Conditioning	Recovery / Health	Lifestyle
Individual Skills _____	Weight Training _____	Massage _____	Work _____
Team Training _____	Sprint/Power _____	Hydrotherapy _____	Study _____
Competition _____	Endurance _____	Flexibility _____	Social _____
Other _____	Agility _____	Active Recovery _____	Chores _____
	Cross Training _____	Treatment _____	Personal Time _____

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TIME PLAN

DAY: DATE:	Monday / /	Tuesday / /	Wednesday / /	Thursday / /	Friday / /	Saturday / /	Sunday / /
6am							
7							
8							
9							
10							
11							
12							
1pm							
2							
3							
4							
5							
6							
7							
8							

Workload

DAILY DIARY: Instructions for Use

Review the Last Term

Each Term starts with an assessment of the previous term (**...Last Term**). An important part of managing your training program is to regularly reflect and review what you have been doing. This will help you stay focused and ensure that your future efforts are relevant to your progress.

You are asked to **rate your commitment** throughout the last term to a number of key factors. Each area is known to play a significant role in your development as an athlete. With focus and commitment in these areas you will find that your progress is steady and that your long term development is well balanced. As you continue to play and compete in your sport the time spent in skill / tactical development and physical conditioning needs to be underpinned with support activities such as recovery training, good nutrition, managing your health and well being, keeping diary records and communicating with your coaches and support staff. Paying attention to these supporting factors truly marks your transition to being a serious and committed athlete.

Think back over the term and write down any **outcomes that you are particularly pleased about**. Identifying the things you do well will serve to constantly remind you that you are progressing and that all your hard work is paying off. Looking back on these over months and even years can help motivate you to keep working hard.

It is also helpful to identify any **areas that you would like to work on** or that require attention. This helps keep you focused and ensures that the most important things are prioritized and get actioned. *Remember small regular improvements lead to big improvements over time.*

Before you complete the next table you should firstly go back and review your **Goals and Actions** from the previous term. In the **Outcomes** column record how successful you have been in achieving these and make any relevant comments. If any Goals and Actions have not been completed or if they remain relevant carry these over to the next term, transferring them to the table for the term ahead.

Plan the Term Ahead

In each of the five key areas try to identify specific **Goals and Actions** for **the Term ahead**:

Physical: What fitness and conditioning related goals and actions need to be completed or focused on during the term? These might relate to actual physical training or could include things such as completing a fitness test, achieving a specific target level or even arranging for a new strength and conditioning program to be written.

Technical: What skill related goals need to be set and actions completed? Does the term have a specific focus to improve a certain skill? What activities might need to be planned to support the development of your technical abilities?

Tactical: Are there any game or competition related goals that need to be focused on during the term? What actions or activities would support an improvement in your ability to compete successfully? Are there any set routines or styles of play that need to be developed?

Mental: Is there anything that you should do that would help your ability to stay focused and feel confident? What about your mental approach to your preparation or how you respond during competition? Do you need to practise any skills or routines or seek support from others?

Personal/School/Work: Sport is only one aspect of your life. Other aspects are also important and need to be managed. Identifying goals and actions in other areas will help maintain balance and ensure your busy schedule is productive as well as enjoyable. Are there any personal commitments that need to be fulfilled in the upcoming term? What's on at school or work that needs to be actioned?

Coach's Comment: At the end of the Goals and Actions table is a space for your Coach or another support person to make a comment. These may relate to the past term or could be used to guide your actions for the term ahead.

Manage each Day

The **Daily Diary** is the most significant part of the iRECORD™ Diary. It is designed to help you manage your commitments, capture information relating to your training and provide feedback to your coach and others directly involved in your program. It will help you become more in-tune with your body and how you are coping with training and other activities in your life.

Use the space on the right side of the page to record any notes or comments that relate to your training. You can also use the Daily Diary to note any upcoming appointments or things that need to be done.

Record your Training

Use the **Self Monitoring Daily Record** to record your training for each day within the week. It is important to record this information accurately as it provides a comprehensive overview of how much training and physical work you are doing and how you are coping with it.

Training Time & Intensity: Record the duration of each session (in minutes) for training and competition in your main sport, any fitness or strength and conditioning work, and any other sport or physical activity (e.g. PE at school, recreation activity). Rate how hard the session was (the intensity of the session). This information is very important as it relates to training structure (i.e. the volume, intensity and total workload of training).

Physical Well-being: Rate your level of muscle soreness and stiffness.

Fatigue: Rate your level of fatigue, tiredness and overall energy levels.

Mood / Motivation: Rate your mood and level of motivation toward your sport.

Stress: Identify if you are stressed about anything (no need to identify what it refers to).

Nutrition: Rate your food and fluid choices and intake for the day.

Health: Use these boxes to identify if you are sick (including a sore throat) or injured (identify only if it results in modified training or a missed session).

Sleep: Sleep is an important component of recovery and a good indicator of coping. Identify if your sleep has been disturbed or restless and record the number of hours.

Self-defined: Use this box to monitor any additional information you or your coach decide is important.

The Self Monitoring Daily Record sheet should be completed at a consistent time each day, e.g. early in the morning, immediately before or after training, or before going to bed. Each day, record, mark and plot your responses to each section (see Example) and tally the responses at the end of the week.

....Last Term

EXAMPLE

Rate your Commitment throughout the past term to the following:

- | | |
|--------------------------------|-------------------------------------|
| <u>4</u> Skill Development | <u>2</u> Health & Injury Management |
| <u>5</u> Physical Conditioning | <u>4</u> Diary Records |
| <u>3</u> Food & Hydration | <u>3</u> Communication |
| <u>3</u> Recovery | <u>4</u> School / Work |

5=Very Good 4=Good 3=Okay 2=Poor 1=Terrible

Outcomes I'm pleased with:

Physical conditioning was great last term - really pleased with my progress in the gym.

- Keep working on the technique change!

Efforts to complete diary records and homework are beginning to pay off.

What I'd like to work on:

Hamstring niggle persists - I'm still not doing enough to strengthen it.

I need to recover better - focus on cooling down, good nutrition and better sleep.

the Term ahead....

Date: 10/01/2011

Goals & Actions		Outcomes
Physical:	Focus on speed & control during new strength programme. Stretch of an evening at home - x2 / wk.	(Review at the end of the term)
Technical:	Perservere with the technique change - incorporate into each training session.	
Tactical:	Need to work on my set plays during competition. Greater effort to be team oriented.	
Mental:	Refine pre-shot routines to improve consistency.	
Personal/ School/Work:	A few assignments are due soon - get started early.	
Coach's Comment:	Really pleased with your consistent work ethic. Keep at it!!	

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....Last Term

Rate your Commitment throughout the past term to the following:

- | | |
|-----------------------------|----------------------------------|
| _____ Skill Development | _____ Health & Injury Management |
| _____ Physical Conditioning | _____ Diary Records |
| _____ Food & Hydration | _____ Communication |
| _____ Recovery | _____ School / Work |

5=Very Good 4=Good 3=Okay 2=Poor 1=Terrible

Outcomes I'm pleased with:

What I'd like to work on:

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the Term ahead....

Date:

Goals & Actions	Outcomes
Physical:	
Technical:	
Tactical:	
Mental:	
Personal/ School/Work:	
Coach's Comment:	

Mon 01

Basketball training tonight - managed to do 30 min in the gym beforehand.

Tue 02

Did PE at school today - lacrosse which was fun.

Wed 03

Mid-week basketball game. Good to get a win against one of the top sides.
Worked hard on my forward leads and cuts (see technical and tactical goals).

Thu 04

Another tough basketball training session. Feel pretty stiff and tired and beginning to get a sore throat - REST UP!

Fri 05

Recovery session with some light fitness work

Sat 06

Main game for the week (see Competition record for details)

Sun 07

Basketball training tonight - managed to do 30 min in the gym beforehand.

Notes

A pretty good training week all up although started to get a bit tired. Need to focus more on good nutrition and sleep, particular later in the week.

Coach happy with my workrate in the game and also efforts to bring others into the game.

Athlete & Coach Sign off:

Day

Date

M	T	W	T	F	S	S
01	02	03	04	05	06	07

Year: 2010

Month: November

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Time (minutes)

		40			40	
60			75			
30	25			45		
	40					
90	65	40	75	45	40	0

Total

80
135
100
40
355

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

					X	
X		X	X			
	X					
				X		
						X

1
3
1
1
1

Physical Well Being

Feel Good

Okay

Sore / Stiff

					X	
X	X			X		X
		X	X			

1
4
2

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

X					X	X
	X	X				
			X	X		

3
2
2

Mood/Motivation

Good

Okay

Poor

		X	X	X	X	X
X	X					

5
2
0

Stress

Not Coping Well

--	--	--	--	--	--	--

0

Nutrition (Food & Fluid)

Good

Okay

Poor

X	X	X		X		
			X		X	
						X

4
2
1

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

			X	X		

2
0

Sleep

Restless/Disturbed

Sleep (hours)

					X	
8	9	8.5	8.5	7	7	10

1
58

Self-defined Measures

Stretch session

		X				X
--	--	---	--	--	--	---

2

Mon 02

Tue 03

Wed 04

Thu 05

Fri 06

Sat 07

Sun 08

Notes

Athlete & Coach Sign off:

Day

Date

M	T	W	T	F	S	S
02	03	04	05	06	07	08

Year: 2012

Month: January

Training Time (minutes)**Total**

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

Mon 09

Tue 10

Wed 11

Thu 12

Fri 13

Sat 14

Sun 15

Notes

Athlete & Coach Sign off:

Day

Date

M	T	W	T	F	S	S
09	10	11	12	13	14	15

Year: 2012

Month: January

Training Time (minutes)**Total**

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

Mon 16

Tue 17

Wed 18

Thu 19

Fri 20

Sat 21

Sun 22

Notes

Athlete & Coach Sign off:

Day

Date

M	T	W	T	F	S	S
16	17	18	19	20	21	22

Year: 2012

Month: January

Training Time (minutes)**Total**

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

Mon 23

Tue 24

Wed 25

Thu 26

Fri 27

Sat 28

Sun 29

Notes

Athlete & Coach Sign off:

Day

Date

M	T	W	T	F	S	S
23	24	25	26	27	28	29

Year: 2012

Month: January

Training Time (minutes)**Total**

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

....Last Term

Rate your Commitment throughout the past term to the following:

_____ Skill Development

_____ Health & Injury Management

_____ Physical Conditioning

_____ Diary Records

_____ Food & Hydration

_____ Communication

_____ Recovery

_____ School / Work

5=Very Good 4=Good 3=Okay 2=Poor 1=Terrible

Goals I've achieved:

Outcomes I'm pleased with:

What I'd like to work on:

the Term ahead....

Date:

Goals & Actions	Outcomes
Physical:	
Technical:	
Tactical:	
Mental:	
Personal/ School/Work:	
Coach's Comment:	

Mon 30

Tue 31

Wed 01

Thu 02

Fri 03

Sat 04

Sun 05

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
30	31	01	02	03	04	05

Year: 2012
Month: February

FEB

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 06

Tue 07

Wed 08

Thu 09

Fri 10

Sat 11

Sun 12

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
06	07	08	09	10	11	12

Year: 2012
Month: February

FEB

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 13

Tue 14

Wed 15

Thu 16

Fri 17

Sat 18

Sun 19

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
13	14	15	16	17	18	19

Year: 2012
Month: February

FEB

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 20

Tue 21

Wed 22

Thu 23

Fri 24

Sat 25

Sun 26

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
20	21	22	23	24	25	26

Year: 2012
Month: February

FEB

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 27

Tue 28

Wed 29

Thu 01

Fri 02

Sat 03

Sun 04

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
27	28	29	01	02	03	04

Year: 2012
Month: February
March

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

MAR

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 05

Tue 06

Wed 07

Thu 08

Fri 09

Sat 10

Sun 11

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
05	06	07	08	09	10	11

Year: 2012
Month: March

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

MAR

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 12

Tue 13

Wed 14

Thu 15

Fri 16

Sat 17

Sun 18

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
12	13	14	15	16	17	18

Year: 2012
Month: March

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

MAR

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 19

Tue 20

Wed 21

Thu 22

Fri 23

Sat 24

Sun 25

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
19	20	21	22	23	24	25

Year: 2012
Month: March

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

MAR

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 26

Tue 27

Wed 28

Thu 29

Fri 30

Sat 31

Sun 01

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
26	27	28	29	30	31	01

Year: 2012
Month: March
April

Competition
Training
Fitness / Str & Cond
Other Sport / Activity

Daily Total

Training Time (minutes)

Total

MAR

Very Hard
Hard
Moderate
Light
Rest/Off

Training Intensity

Feel Good
Okay
Sore / Stiff

Physical Well Being

Feel Good
Okay
Tired / Sleepy / Worn-out

Fatigue

Good
Okay
Poor

Mood/Motivation

Not Coping Well

Stress

--	--	--	--	--	--	--

--

Good
Okay
Poor

Nutrition (Food & Fluid)

Sick (incl. Sore Throat)
Injured (missed or modified training)

Health & Well Being

Restless/Disturbed
Sleep (hours)

Sleep

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 02

Tue 03

Wed 04

Thu 05

Fri 06

Sat 07

Sun 08

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
02	03	04	05	06	07	08

Year: 2012
Month: April

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 09

Tue 10

Wed 11

Thu 12

Fri 13

Sat 14

Sun 15

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
09	10	11	12	13	14	15

Year: 2012
Month: April

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

....Last Term

Rate your Commitment throughout the past term to the following:

_____ Skill Development

_____ Health & Injury Management

_____ Physical Conditioning

_____ Diary Records

_____ Food & Hydration

_____ Communication

_____ Recovery

_____ School / Work

5=Very Good 4=Good 3=Okay 2=Poor 1=Terrible

Goals I've achieved:

Outcomes I'm pleased with:

What I'd like to work on:

the Term ahead....

Date:

Goals & Actions	Outcomes
Physical:	
Technical:	
Tactical:	
Mental:	
Personal/ School/Work:	
Coach's Comment:	

TIME PLAN

- Use the weekly Time Plan below to schedule training and other activities for the week.
- Consider all commitments, including **work, study, social** and training obligations.
- Schedule in fixed commitments first. Prioritise all activities to ensure the week is manageable and productive.
- Adaptation to training, which is primary goal, is achieved by equal priority given to both training and recovery.
- In planning the week, allocate the number of training sessions (from the list provided; add to the list as required) and then complete the Time Plan.
- To effectively recover from training, recovery techniques such as massage, hydrotherapy, and various relaxation methods need to be actively planned.
- Use different colours for various types of activities. Is the week multi-coloured?
- At the end of each day, indicate expected training workload: light (L) moderate (M), heavy (H), very heavy (VH). These should relate to the workload of section of the Self Monitoring: Daily Record.
- ***Once finished, consider whether the week is balanced, manageable and aligned with sport and life goals.***

Training/Competition	Conditioning	Recovery / Health	Lifestyle
Individual Skills _____	Weight Training _____	Massage _____	Work _____
Team Training _____	Sprint/Power _____	Hydrotherapy _____	Study _____
Competition _____	Endurance _____	Flexibility _____	Social _____
Other _____	Agility _____	Active Recovery _____	Chores _____
	Cross Training _____	Treatment _____	Personal Time _____

RECORD™ © Gastin 2011
TIME PLAN

DAY: DATE:	Monday / /	Tuesday / /	Wednesday / /	Thursday / /	Friday / /	Saturday / /	Sunday / /
6am							
7							
8							
9							
10							
11							
12							
1pm							
2							
3							
4							
5							
6							
7							
8							

Workload

Mon 16

Tue 17

Wed 18

Thu 19

Fri 20

Sat 21

Sun 22

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
16	17	18	19	20	21	22

Year: 2012
Month: April

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 23

Tue 24

Wed 25

Thu 26

Fri 27

Sat 28

Sun 29

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
23	24	25	26	27	28	29

Year: 2012
Month: April

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

Mon 30

Tue 01

Wed 02

Thu 03

Fri 04

Sat 05

Sun 06

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
30	01	02	03	04	05	06

Year: 2012
Month: May

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

MAY

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 07

Tue 08

Wed 09

Thu 10

Fri 11

Sat 12

Sun 13

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
07	08	09	10	11	12	13

Year: 2012
Month: May

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

Mon 14

Tue 15

Wed 16

Thu 17

Fri 18

Sat 19

Sun 20

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
14	15	16	17	18	19	20

Year: 2012
Month: May

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

MAY

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 21

Tue 22

Wed 23

Thu 24

Fri 25

Sat 26

Sun 27

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
21	22	23	24	25	26	27

Year: 2012
Month: May

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

MAY

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 28

Tue 29

Wed 30

Thu 31

Fri 01

Sat 02

Sun 03

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
28	29	30	31	01	02	03

Year: 2012
Month: May/June

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 04

Tue 05

Wed 06

Thu 07

Fri 08

Sat 09

Sun 10

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
04	05	06	07	08	09	10

Year: 2012
Month: June

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 11

Tue 12

Wed 13

Thu 14

Fri 15

Sat 16

Sun 17

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
11	12	13	14	15	16	17

Year: 2012
Month: June

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 18

Tue 19

Wed 20

Thu 21

Fri 22

Sat 23

Sun 24

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
18	19	20	21	22	23	24

Year: 2012
Month: June

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

Mon 25

Tue 26

Wed 27

Thu 28

Fri 29

Sat 30

Sun 01

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
25	26	27	28	29	30	01

Year: 2012
Month: June/July

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 02

Tue 03

Wed 04

Thu 05

Fri 06

Sat 07

Sun 08

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
02	03	04	05	06	07	08

Year: 2012
Month: July

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 09

Tue 10

Wed 11

Thu 12

Fri 13

Sat 14

Sun 15

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
09	10	11	12	13	14	15

Year: 2012
Month: July

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

....Last Term

Rate your Commitment throughout the past term to the following:

_____ Skill Development

_____ Health & Injury Management

_____ Physical Conditioning

_____ Diary Records

_____ Food & Hydration

_____ Communication

_____ Recovery

_____ School / Work

5=Very Good 4=Good 3=Okay 2=Poor 1=Terrible

Goals I've achieved:

Outcomes I'm pleased with:

What I'd like to work on:

the Term ahead....

Date:

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Goals & Actions	Outcomes
Physical:	
Technical:	
Tactical:	
Mental:	
Personal/ School/Work:	
Coach's Comment:	

TIME PLAN

- Use the weekly Time Plan below to schedule training and other activities for the week.
- Consider all commitments, including **work, study, social** and training obligations.
- Schedule in fixed commitments first. Prioritise all activities to ensure the week is manageable and productive.
- Adaptation to training, which is primary goal, is achieved by equal priority given to both training and recovery.
- In planning the week, allocate the number of training sessions (from the list provided; add to the list as required) and then complete the Time Plan.
- To effectively recover from training, recovery techniques such as massage, hydrotherapy, and various relaxation methods need to be actively planned.
- Use different colours for various types of activities. Is the week multi-coloured?
- At the end of each day, indicate expected training workload: light (L) moderate (M), heavy (H), very heavy (VH). These should relate to the workload of section of the Self Monitoring: Daily Record.
- ***Once finished, consider whether the week is balanced, manageable and aligned with sport and life goals.***

Training/Competition	Conditioning	Recovery / Health	Lifestyle
Individual Skills	Weight Training	Massage	Work
Team Training	Sprint/Power	Hydrotherapy	Study
Competition	Endurance	Flexibility	Social
Other	Agility	Active Recovery	Chores
	Cross Training	Treatment	Personal Time

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TIME PLAN

DAY: DATE:	Monday / /	Tuesday / /	Wednesday / /	Thursday / /	Friday / /	Saturday / /	Sunday / /
6am							
7							
8							
9							
10							
11							
12							
1pm							
2							
3							
4							
5							
6							
7							
8							

Workload

Mon 16

Tue 17

Wed 18

Thu 19

Fri 20

Sat 21

Sun 22

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
16	17	18	19	20	21	22

Year: 2012
Month: July

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 23

Tue 24

Wed 25

Thu 26

Fri 27

Sat 28

Sun 29

Notes

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Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
23	24	25	26	27	28	29

Year: 2012
Month: July

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 30

Tue 31

Wed 01

Thu 02

Fri 03

Sat 04

Sun 05

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
30	31	01	02	03	04	05

Year: 2012

Month: July

August

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 06

Tue 07

Wed 08

Thu 09

Fri 10

Sat 11

Sun 12

Notes

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Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
06	07	08	09	10	11	12

Year: 2012
Month: August

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 13

Tue 14

Wed 15

Thu 16

Fri 17

Sat 18

Sun 19

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
13	14	15	16	17	18	19

Year: 2012
Month: August

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 20

Tue 21

Wed 22

Thu 23

Fri 24

Sat 25

Sun 26

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
20	21	22	23	24	25	26

Year: 2012
Month: August

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 27

Tue 28

Wed 29

Thu 30

Fri 31

Sat 01

Sun 02

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
27	28	29	30	31	01	02

Year: 2012
 Month: August
 September

Training Time (minutes)

Total

Competition
 Training
 Fitness / Str & Cond
 Other Sport / Activity
 Daily Total

Training Intensity

Very Hard
 Hard
 Moderate
 Light
 Rest/Off

Physical Well Being

Feel Good
 Okay
 Sore / Stiff

Fatigue

Feel Good
 Okay
 Tired / Sleepy / Worn-out

Mood/Motivation

Good
 Okay
 Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good
 Okay
 Poor

Health & Well Being

Sick (incl. Sore Throat)
 Injured (missed or modified training)

Sleep

Restless/Disturbed
 Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 03

Tue 04

Wed 05

Thu 06

Fri 07

Sat 08

Sun 09

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
03	04	05	06	07	08	09

Year: 2012
Month: September

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 10

Tue 11

Wed 12

Thu 13

Fri 14

Sat 15

Sun 16

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
10	11	12	13	14	15	16

Year: 2012
Month: September

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 17

Tue 18

Wed 19

Thu 20

Fri 21

Sat 22

Sun 23

Notes

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Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
17	18	19	20	21	22	23

Year: 2012
Month: September

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 24

Tue 25

Wed 26

Thu 27

Fri 28

Sat 29

Sun 30

Notes

Athlete & Coach Sign off:

Day

Date

M	T	W	T	F	S	S
26	27	28	29	30	01	02

Year: 2012

Month: September

Training Time (minutes)**Total**

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 01

Tue 02

Wed 03

Thu 04

Fri 05

Sat 06

Sun 07

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
01	02	03	04	05	06	07

Year: 2012
Month: October

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

....Last Term

Rate your Commitment throughout the past term to the following:

_____ Skill Development

_____ Health & Injury Management

_____ Physical Conditioning

_____ Diary Records

_____ Food & Hydration

_____ Communication

_____ Recovery

_____ School / Work

5=Very Good 4=Good 3=Okay 2=Poor 1=Terrible

Goals I've achieved:

Outcomes I'm pleased with:

What I'd like to work on:

the Term ahead....

Date:

Goals & Actions	Outcomes
Physical:	
Technical:	
Tactical:	
Mental:	
Personal/ School/Work:	
Coach's Comment:	

TIME PLAN

- Use the weekly Time Plan below to schedule training and other activities for the week.
- Consider all commitments, including **work, study, social** and training obligations.
- Schedule in fixed commitments first. Prioritise all activities to ensure the week is manageable and productive.
- Adaptation to training, which is primary goal, is achieved by equal priority given to both training and recovery.
- In planning the week, allocate the number of training sessions (from the list provided; add to the list as required) and then complete the Time Plan.
- To effectively recover from training, recovery techniques such as massage, hydrotherapy, and various relaxation methods need to be actively planned.
- Use different colours for various types of activities. Is the week multi-coloured?
- At the end of each day, indicate expected training workload: light (L) moderate (M), heavy (H), very heavy (VH). These should relate to the workload of section of the Self Monitoring: Daily Record.
- ***Once finished, consider whether the week is balanced, manageable and aligned with sport and life goals.***

Training/Competition	Conditioning	Recovery / Health	Lifestyle
Individual Skills _____	Weight Training _____	Massage _____	Work _____
Team Training _____	Sprint/Power _____	Hydrotherapy _____	Study _____
Competition _____	Endurance _____	Flexibility _____	Social _____
Other _____	Agility _____	Active Recovery _____	Chores _____
	Cross Training _____	Treatment _____	Personal Time _____



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TIME PLAN

DAY: DATE:	Monday / /	Tuesday / /	Wednesday / /	Thursday / /	Friday / /	Saturday / /	Sunday / /
6am							
7							
8							
9							
10							
11							
12							
1pm							
2							
3							
4							
5							
6							
7							
8							

Workload

Mon 08

Tue 09

Wed 10

Thu 11

Fri 12

Sat 13

Sun 14

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
08	09	10	11	12	13	14

Year: 2012
Month: October

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 15

Tue 16

Wed 17

Thu 18

Fri 19

Sat 20

Sun 21

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
15	16	17	18	19	20	21

Year: 2012
Month: October

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 22

Tue 23

Wed 24

Thu 25

Fri 26

Sat 27

Sun 28

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
22	23	24	25	26	27	28

Year: 2012
Month: October

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 29

Tue 30

Wed 31

Thu 01

Fri 02

Sat 03

Sun 04

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
29	30	31	01	02	03	04

Year: 2012
 Month: October
 November

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

--	--	--	--	--	--	--

--

Nutrition (Food & Fluid)

Good

Okay

Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

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Mon 05

Tue 06

Wed 07

Thu 08

Fri 09

Sat 10

Sun 11

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
05	06	07	08	09	10	11

Year: 2012
Month: November

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

Feel Good

Okay

Sore / Stiff

Fatigue

Feel Good

Okay

Tired / Sleepy / Worn-out

Mood/Motivation

Good

Okay

Poor

Stress

Not Coping Well

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--

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Health & Well Being

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Restless/Disturbed

Sleep (hours)

Self-defined Measures

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Mon 12

Tue 13

Wed 14

Thu 15

Fri 16

Sat 17

Sun 18

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
12	13	14	15	16	17	18

Year: 2012
Month: November

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

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Stress

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Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

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Mon 19

Tue 20

Wed 21

Thu 22

Fri 23

Sat 24

Sun 25

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
19	20	21	22	23	24	25

Year: 2012
Month: November

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

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Poor

Stress

Not Coping Well

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Poor

Health & Well Being

Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

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Mon 26

Tue 27

Wed 28

Thu 29

Fri 30

Sat 01

Sun 02

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
26	27	28	29	30	01	02

Year: 2012
Month: November
December

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

Light

Rest/Off

Physical Well Being

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Poor

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Sick (incl. Sore Throat)

Injured (missed or modified training)

Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

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Mon 03

Tue 04

Wed 05

Thu 06

Fri 07

Sat 08

Sun 09

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
03	04	05	06	07	08	09

Year: 2012
Month: December

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

Training Intensity

Very Hard

Hard

Moderate

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Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

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Mon 10

Tue 11

Wed 12

Thu 13

Fri 14

Sat 15

Sun 16

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
10	11	12	13	14	15	16

Year: 2012
Month: December

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

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Training Intensity

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Mon 17

Tue 18

Wed 19

Thu 20

Fri 21

Sat 22

Sun 23

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
17	28	19	20	21	22	23

Year: 2012
Month: December

Training Time (minutes)

Total

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Sleep

Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

--

Mon 24

Tue 25

Wed 26

Thu 27

Fri 28

Sat 29

Sun 30

Notes

Athlete & Coach Sign off:

Day
Date

M	T	W	T	F	S	S
24	25	26	27	28	29	30

Year: 2012
Month: December

Training Time (minutes)

Total

Competition

Training

Fitness / Str & Cond

Other Sport / Activity

Daily Total

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Restless/Disturbed

Sleep (hours)

Self-defined Measures

--	--	--	--	--	--	--

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....Last Term

Rate your Commitment throughout the past term to the following:

_____ Skill Development

_____ Health & Injury Management

_____ Physical Conditioning

_____ Diary Records

_____ Food & Hydration

_____ Communication

_____ Recovery

_____ School / Work

5=Very Good 4=Good 3=Okay 2=Poor 1=Terrible

Goals I've achieved:

Outcomes I'm pleased with:

What I'd like to work on:

the Year ahead....

Date:

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Goals & Actions	Outcomes
Physical:	
Technical:	
Tactical:	
Mental:	
Personal/ School/Work:	
Coach's Comment:	

DEC

CONDITIONING RECORD

Phase / Cycle: *Pre-Competition*

Week: *27*

DAY 1		Reps & Set	Set 1	Set 2	Set 3	Set 4	DAY 2		Reps & Set	Set 1	Set 2	Set 3	Set 4	DAY 3		Reps & Set	Set 1	Set 2	Set 3	Set 4	
Date: 3/7/05		wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	Date: 5/7/05		wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	Date: 7/7/05		wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	
Exercises																					
W/Up - X Trainer		15min					W/Up - X Trainer		15min					W/Up - X Trainer		10min					
Push Press		2x5	Bar	Bar			Lunge transitions on box		2x10					Push Press		2x5	Bar	Bar			
High Pull		8, 6, 6	30kg	35	35		Single leg wood chops		2x6					High Pull		6, 6, 6	35kg	37.5	37.5		
DB Bench Press		8, 6, 6	25	30	30		Squats		5, 4, 4, 5	40	45	45	45	DB Bench Press		8, 6, 6	25	30	30		
Dead Lift		8, 6, 6	60	65	65		Cleans		4, 3, 4	35	40	40		Dead Lift		6, 5, 4	65	70	72.5		
Seated Row		3x8	70	70	70		Chins		3x	12	12	12	Max-17	Seated Row		3x6	70	75	75		
Single leg Box Jumps		3x6					Dips		3x	12	12	12	Max-19	Single leg Box Jumps		3x6					
Individual Exercises																					
Hanging Twist		3x20					Groin exercises with Physio		3x15					Hanging Twist		3x20					
Bridge with legs		3x10												Bridge with legs		3x10					
Theraband hamstring		3x15												Groin Exercises		3x15					
Trunk																					
Swiss ball crunches		3x20					Swiss ball crunches		3x20					Bird dog		3x10					
Medicine ball throws-twist		3x12					Medicine ball throws-twist		3x12					Medicine ball throws-twist		3x12					
Russian twist		3x20					Russian twist		3x20					Swiss ball hamstrings		3x8					
Session Notes:		struggled today - still tired from weekend				8 holes showing squat safety bars				Long session given time with Physio				Session Notes:				Good session - back on track!			

[illegible]

Phase: _____ Cycle: _____

Phase: _____ Cycle: _____

Date: Week:		Reps & Set	Set 1	Set 2	Set 3	Set 4	Date: Week:		Reps & Set	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
		wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps
Exercises																	
Individual Exercises																	
Trunk																	
Session Notes:									Session Notes:								

CONDITIONING

South West Academy of Sport

Cycle:

[illegible]

[illegible]

South West Academy of Sport

Cycle:

[illegible]

[illegible]

South West Academy of Sport

Cycle:

Date: Week:		Reps & Set	Set 1	Set 2	Set 3	Set 4	Date: Week:		Reps & Set	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
		wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps
Exercises																	
Individual Exercises																	
Trunk																	
Session Notes:									Session Notes:								

CONDITIONING

Phase: _____ Cycle: _____

Phase: _____ Cycle: _____

[illegible]

South West Academy of Sport

Cycle:

Date: Week:		Reps & Set	Set 1	Set 2	Set 3	Set 4	Date: Week:		Reps & Set	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
		wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps
Exercises																	
Individual Exercises																	
Trunk																	
Session Notes:									Session Notes:								

Phase: _____ Cycle: _____

Date:		Reps & Set	Set 1	Set 2	Set 3	Set 4	Date:		Reps & Set	Set 1	Set 2	Set 3	Set 4
Week:		wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps	Week:		wt/ reps	wt/ reps	wt/ reps	wt/ reps	wt/ reps
Exercises													
Individual Exercises													
Trunk													
Session Notes:							Session Notes:						

CONDITIONING

COMPETITION RECORD

EXAMPLE

Event: Regional Championships	Date: 22/10/2008
Venue: Shell Stadium, Perth	Time: Heats: 10.35 Final: 15.50

Conditions:

Mild, Gusty Wind (okay during race)

Process Goals:

Out hard 1st 50m, stay down - Relax - Lift into straight - Hold form

Outcome Goals:

Run under 45.8 sec

Result / Outcome:

1st Place, 45.95 sec

What I did well:

Good fast start. Relaxed first bend.

Stayed focused during warm-up and out on the track.

Really pleased with race preparation (food, sleep, warm-up)

What I need to improve on:

Final 100m split was slow - technique strained, started reaching.

Run my own race based on race plan - don't get sucked in!

Actions / Comments:

Happy with preparation but disappointed with time and racing.

Still confident that if I keep my head during racing I can hold it together.

Fade in final 100m more related to race reactions than lack of speed and fitness.

Preparation (1-5): 5	Performance (1-5): 3	Recovery (1-5): 3
--------------------------------	--------------------------------	-----------------------------

COMPETITION RECORD

Event:

Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

1 = Poor - 5 = Excellent

Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
Outcome Goals:	
Result / Outcome:	
What I did well:	
What I need to improve on:	
Actions / Comments:	

1 = Poor - 5 = Excellent

Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

Event:

Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

1 = Poor - 5 = Excellent

Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
Outcome Goals:	
Result / Outcome:	
What I did well:	
What I need to improve on:	
Actions / Comments:	

1 = Poor - 5 = Excellent

Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

Event:

Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

1 = Poor - 5 = Excellent

Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
Outcome Goals:	
Result / Outcome:	
What I did well:	
What I need to improve on:	
Actions / Comments:	

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Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

Event:

Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

1 = Poor - 5 = Excellent

Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
Outcome Goals:	
Result / Outcome:	
What I did well:	
What I need to improve on:	
Actions / Comments:	

1 = Poor - 5 = Excellent

Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

Event:

Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

COMPETITION

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Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
Outcome Goals:	
Result / Outcome:	
What I did well:	
What I need to improve on:	
Actions / Comments:	

1 = Poor - 5 = Excellent

Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

Event:

Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

COMPETITION

1 = Poor - 5 = Excellent

Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
Outcome Goals:	
Result / Outcome:	
What I did well:	
What I need to improve on:	
Actions / Comments:	

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Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

Event:

Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

1 = Poor - 5 = Excellent

Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
Outcome Goals:	
Result / Outcome:	
What I did well:	
What I need to improve on:	
Actions / Comments:	

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Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

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Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

COMPETITION

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Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

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Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

Event:

Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

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Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
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What I did well:	
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Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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Process Goals:

Outcome Goals:

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What I did well:

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Actions / Comments:

COMPETITION

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Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
Outcome Goals:	
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What I did well:	
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Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
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COMPETITION

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Recovery (1-5):

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Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
Outcome Goals:	
Result / Outcome:	
What I did well:	
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Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

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Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

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Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

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Preparation (1-5):

Performance (1-5):

Recovery (1-5):

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Result / Outcome:

What I did well:

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Actions / Comments:

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1 = Poor - 5 = Excellent

Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:

Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

1 = Poor - 5 = Excellent

Preparation (1-5):

Performance (1-5):

Recovery (1-5):

COMPETITION RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Process Goals:	
Outcome Goals:	
Result / Outcome:	
What I did well:	
What I need to improve on:	
Actions / Comments:	

1 = Poor - 5 = Excellent

Preparation (1-5):	Performance (1-5):	Recovery (1-5):
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COMPETITION RECORD

Event:

Date:

Venue:

Time:

Conditions:

Process Goals:

Outcome Goals:

Result / Outcome:

What I did well:

What I need to improve on:

Actions / Comments:

COMPETITION

1 = Poor - 5 = Excellent

Preparation (1-5):

Performance (1-5):

Recovery (1-5):

MEDICATION / SUPPLEMENT RECORD

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Email: asada@asada.gov.au

Anti-Doping Information: www.asada.gov.au

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PERSONAL RECORDS

Anti-Doping Information: www.asada.gov.au

FOOD RECORD

DATE:

☐

TRAINING DAY

☐

COMPETITION DAY

☐

REST DAY

	MEAL & TIME	TYPE OF FOOD OR DRINK	QUANTITY
Morning			
Afternoon			
Evening			

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Recommended Daily Portions

(Number of servings)

☒
☐

Water - $\geq 3l$ / day

☐

Fruit & Vegetables ≥ 5 portions / day

☐

Milk & Dairy ≥ 3 portions / day

☐

Luxuries $\leq 1-2$ portions / day

☐

Carbohydrate at every

☐

Protein at every meal

Daily Food Rating

3 = Good 2 = Okay 1 = Poor

Quantity ____

Quality ____

Notes _____

*NB. Analysis and interpretation of this Food Record will likely require support from a registered sports dietitian or nutritionist.

FOOD RECORD

DATE:

☐ TRAINING DAY

☐ COMPETITION DAY

☐ REST DAY

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	MEAL & TIME	TYPE OF FOOD OR DRINK	QUANTITY
Morning			
Afternoon			
Evening			

Recommended Daily Portions

(Number of servings)



Water - $\geq 3\text{l}$ / day

Fruit & Vegetables ≥ 5 portions / day

Milk & Dairy ≥ 3 portions / day

Luxuries $\leq 1\text{-}2$ portions / day

Carbohydrate at every

Protein at every meal

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Quality ____

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TRAINING DAY

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COMPETITION DAY

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Afternoon			
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RECORD™ © Gastin 2011

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DATE:

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TRAINING DAY

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COMPETITION DAY

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REST DAY

iRECORD™ © Gastin 2011

	MEAL & TIME	TYPE OF FOOD OR DRINK	QUANTITY
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Afternoon			
Evening			

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(Number of servings)

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DATE:

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TRAINING DAY

☐

COMPETITION DAY

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REST DAY

	MEAL & TIME	TYPE OF FOOD OR DRINK	QUANTITY
Morning			
Afternoon			
Evening			

RECORD™ © Gastin 2011

Recommended Daily Portions

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Quality ____

Notes _____

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FOOD RECORD

DATE:

☐

TRAINING DAY

☐

COMPETITION DAY

☐

REST DAY

	MEAL & TIME	TYPE OF FOOD OR DRINK	QUANTITY
Morning			
Afternoon			
Evening			

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Recommended Daily Portions

(Number of servings)

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Protein at every meal

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Quality ____

Notes _____

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FOOD RECORD

DATE:

☐

TRAINING DAY

☐

COMPETITION DAY

☐

REST DAY

	MEAL & TIME	TYPE OF FOOD OR DRINK	QUANTITY
Morning			
Afternoon			
Evening			

RECORD™ © Gastin 2011

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Quality ____

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FOOD RECORD

DATE:

☐ TRAINING DAY

☐ COMPETITION DAY

☐ REST DAY

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	MEAL & TIME	TYPE OF FOOD OR DRINK	QUANTITY
Morning			
Afternoon			
Evening			

Recommended Daily Portions

(Number of servings)



Water - $\geq 3\text{l}$ / day

Fruit & Vegetables ≥ 5 portions / day

Milk & Dairy ≥ 3 portions / day

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Carbohydrate at every

Protein at every meal

Daily Food Rating

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Quantity ____

Quality ____

Notes _____

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INJURY RECORD

EXAMPLE

Event: *Inter club match - 400m / Cycle 7, Week 28*

Date: *15/7/10*

Venue: *Penrith Athletics Club*

Time: *4:15 pm*

Conditions: *Cold and wet*

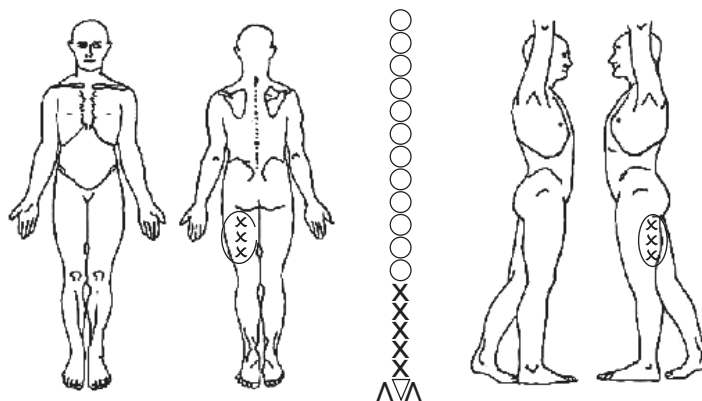
Diagnosing Doctor: *Stephen Reedy*

Medication (if any): *None*

Injury Details / Diagnosis:

Some tightness warming up - began to tighten about the 200m mark and then felt a tear on the sprint for home.

Grade 2 hamstring strain of the left leg.



Action:

Ice every 2-3 hours for the first 24 hours and after exercise / activity thereafter.

Restrict movement in the first 24-48 hours, avoid alcohol and keep elevated whenever possible. Use a compression bandage.

Have re-assessed and treatment on Mon.

Training Modification / Rehabilitation:

No training or exercise until Mon.

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Treatment (i):**Date:** 17/7/10Doctor / Specialist / Physiotherapist / Massage Therapist / Other:

Treatment Details:

Assessment - no sign of swelling or bruising - injury management has helped.
Ultrasound and some assisted stretching.
Rehab exercises demonstrated.

Action / Training Modification / Rehabilitation:

Introduce heat and massage treatment.
Stretch and self resisted leg flexion and hip raise exercises three times a day. Ice afterwards.
Avoid weight bearing exercise (ie running) - consider gentle swim or stationary cycle.

Treatment (ii):**Date:** 19/7/06Doctor / Specialist / Physiotherapist / Massage Therapist / Other:

Treatment Details:

Injury recovering well. Can introduce more active rehab.
Ultrasound, assisted stretching and massage. 10min jog.
Rehab exercises demonstrated and also referred to strength and conditioning.

Action / Training Modification / Rehabilitation:

Swim or stationary cycle x3 per week. Include walking backwards in the water or pedalling backwards on the bike.
Begin daily jogging building up to 15 min plus 3-5 gentle stride throughs.
Hamstring, hip and trunk exercises to be included in weight training sessions.
Continue to ice after exercise.

Treatment (iii):**Date:** 25/7/10Doctor / Specialist / Physiotherapist / Massage Therapist / Other:

Treatment Details:

Strength assessment - only about 5% decrement on left hamstring - should be 0% in about a week if rehab continues.
Ultrasound, assisted stretching and massage. 10min jog with 5x40m stride throughs.

Action / Training Modification / Rehabilitation:

Ready to return to regular training at about 90-95% intensity this week then 100% next week.
Aggressive rehab must continue and careful attention to warm up, cool down, stretching, massage and icing.
Continue strength exercises to at least 8 weeks post competition return.

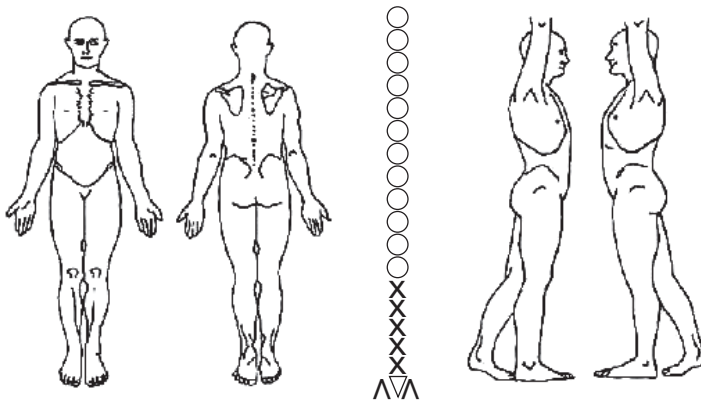
Return to Competition: Target Date: 19/8/10

Return to Competition: Actual Date: 12/8/10

INJURY RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Diagnosing Doctor:	
Medication (if any):	

Injury Details / Diagnosis:



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Action:

Training Modification / Rehabilitation:

Treatment (i):	Date:
Doctor / Specialist / Physiotherapist / Massage Therapist / Other:	
Treatment Details:	
Action / Training Modification / Rehabilitation:	

Treatment (ii):	Date:
Doctor / Specialist / Physiotherapist / Massage Therapist / Other:	
Treatment Details:	
Action / Training Modification / Rehabilitation:	

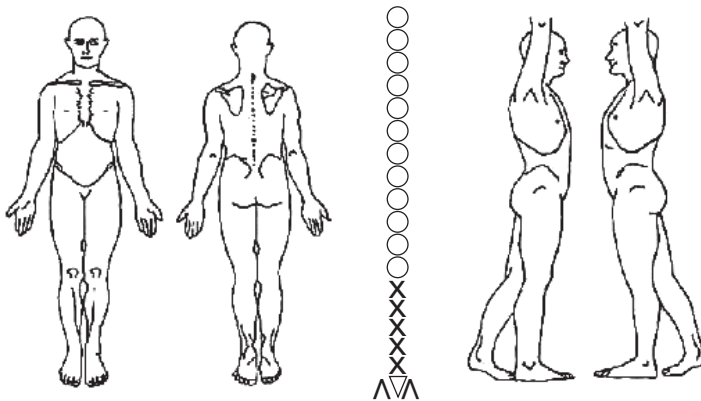
Treatment (iii):	Date:
Doctor / Specialist / Physiotherapist / Massage Therapist / Other:	
Treatment Details:	
Action / Training Modification / Rehabilitation:	

Return to Competition: Target Date:	Return to Competition: Actual Date:
Sign-off:	Sign-off:

INJURY RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Diagnosing Doctor:	
Medication (if any):	

Injury Details / Diagnosis:



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Action:

Training Modification / Rehabilitation:

Treatment (i):	Date:
Doctor / Specialist / Physiotherapist / Massage Therapist / Other:	
Treatment Details:	
Action / Training Modification / Rehabilitation:	

Treatment (ii):	Date:
Doctor / Specialist / Physiotherapist / Massage Therapist / Other:	
Treatment Details:	
Action / Training Modification / Rehabilitation:	

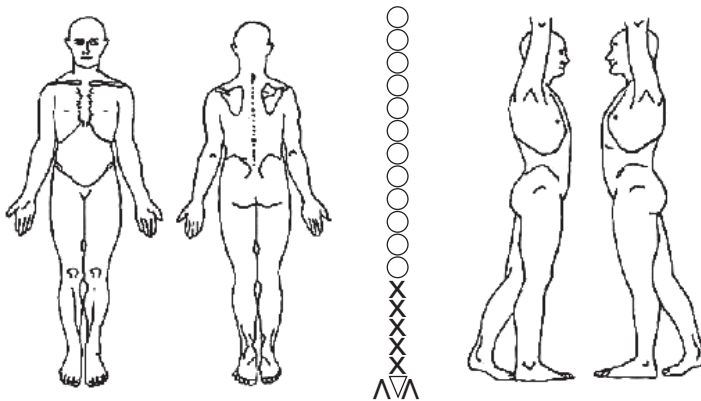
Treatment (iii):	Date:
Doctor / Specialist / Physiotherapist / Massage Therapist / Other:	
Treatment Details:	
Action / Training Modification / Rehabilitation:	

Return to Competition: Target Date:	Return to Competition: Actual Date:
Sign-off:	Sign-off:

INJURY RECORD

Event:	Date:
Venue:	Time:
Conditions:	
Diagnosing Doctor:	
Medication (if any):	

Injury Details / Diagnosis:



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Action:

Training Modification / Rehabilitation:

Treatment (i):	Date:
Doctor / Specialist / Physiotherapist / Massage Therapist / Other:	
Treatment Details:	
Action / Training Modification / Rehabilitation:	

Treatment (ii):	Date:
Doctor / Specialist / Physiotherapist / Massage Therapist / Other:	
Treatment Details:	
Action / Training Modification / Rehabilitation:	

Treatment (iii):	Date:
Doctor / Specialist / Physiotherapist / Massage Therapist / Other:	
Treatment Details:	
Action / Training Modification / Rehabilitation:	

Return to Competition: Target Date:	Return to Competition: Actual Date:
Sign-off:	Sign-off:

FITNESS TESTING RECORD

FITNESS PARAMETERS		Date:		Date:		Date:		Date:		Date:	
		Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual
Anthropometry	Weight (kg)										
	Height (cm)										
	Seated height (cm)										
	Arm span (cm):										
Speed	10m split (s)										
	20m split (s)										
	40m sprint (s)										
Strength / Power	Bench pull (kg)										
	Vertical jump (cm)										
Endurance	20 m Beep test (level)										
Other	Sit and Reach (cm)										

FITNESS TESTING RECORD

FITNESS PARAMETERS		Date:		Date:		Date:		Date:		Date:		Date:	
		Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual
Anthropometry	Weight (kg)												
	Height (cm)												
	Seated height (cm)												
	Arm span (cm):												
Speed	10m split (s)												
	20m split (s)												
	40m sprint (s)												
Strength / Power	Bench pull (kg)												
	Vertical jump (cm)												
Endurance	20 m Beep test (level)												
Other	Sit and Reach (cm)												

ANNUAL REVIEW

EXAMPLE

Date: 21 January '11

Spend some quality time going back over your diary. Review all of the following:

1. Lifestyle Management: Goals and Actions (section 2)
2. Performance Management: Profile and Goals (section 2)
3. Annual Training Plan (section 2)
4. Cycle: Goals and Actions and Cycle Reviews (section 3)
5. Self Monitoring: Daily Record (section 3) and Annual Overview (section 2)
6. Conditioning Records (section 4)
7. Competition Records (what its all about!!) (section 5)
8. Personal Records (section 6)

....Where goals have been set assess your achievements and progress.

Assess your Commitment throughout the year toward the following:

(5=Excellent 4=Very Good 3=Good 2=Okay 1=Poor)

<u>3</u>	<u>4</u>	Skill Development	<u>5</u>	Physical Conditioning
<u>3</u>		Recovery & Regeneration	<u>1</u>	Health & Injury Management
<u>3</u>		Food & Hydration	<u>2</u>	Communication
<u>4</u>		Annual & Cycle Planning	<u>3</u>	Self Monitoring & Reviewing
<u>2</u>		Diary Records	<u>2</u>	Lifestyle Management

Review your Lifestyle Management: Profile & Goals. Comment on your progress.

*Certainly many improvements since last year - more financially stable, better performance habits, more proactive with communication, much happier with personal circumstances.
Accommodation and living environment still not great and need to be addressed.
Need to review distance learning and whether it's the best option.*

Review your Performance Management: Profile & Goals. Assess your Progress in each of your identified Critical Success Factors:

(5=Excellent 4=Very Good 3=Good 2=Okay 1=Poor)

CSF1: *Conditioning (4) - Still too much emphasis on junk miles and base conditioning work*

CSF2: *Speed Endurance (5) - Doubled number of intervals at race pace. Speed better maintained during racing*

CSF3: *Technique (when fatigued) (4) - Improved considerably but much more still to achieve.*

CSF4: *Injury management (1) - Prevention/management of chronic niggles still not good. Recovery better.*

CSF5: *Race tactics (3) - Continues to be good and has benefitted from improved speed endurance*

CSF6: *Competition experience (3) - 20% increase in competition. Yet to start 'competitor analysis project'*

CSF7: *Coachability (2) - More proactive in communication with coach. Performance management could still improve*

CSF8: *Lifestyle management (1) - Accommodation still not ideal. Distance learning not working.*

Successful Performances throughout the year:

Undeclared at regional club level during 2005/06 including Regional Championships (400m & 800m)
2nd place in National Championships (400m)
Semifinals at European Championships (just missed out on final)
PB's at 400m and 800m (100 & 200m still to come!)

Achievements and Outcomes I'm really pleased with:

Receipt of government funding for the first time
Making the national team for European Champs (missed out on Commonwealth Games team though)
Increase in training intensity and commitment to trying new training and race tactics
Planning and efforts to increase competition experience

What I'd like to improve on:

Lifestyle more conducive to training and performance
Better injury management and prevention
Maintaining good technique when fatigued and under pressure
Keep better diary records

Actions for next year:

Continue to increase training intensity (maintain or even reduce volume)
Take on more responsibility for planning my programme
Pay more attention to the areas that support performance (e.g. lifestyle/performance management)

I should do more of:

Recovery work - stretch, ice baths, better nutrition
Sleep ... and get to bed at a reasonable hour

I should do less of:

Junk miles and threshold training (do more intervals instead)
Worry about and follow the training practices of competitors

ANNUAL REVIEW

Date:

Spend some quality time going back over your diary. Review all of the following:

1. Lifestyle Management: Goals and Actions (section 2)
 2. Performance Management: Profile and Goals (section 2)
 3. Annual Training Plan (section 2)
 4. Cycle: Goals and Actions and Cycle Reviews (section 3)
 5. Self Monitoring: Daily Record (section 3) and Annual Overview (section 2)
 6. Conditioning Records (section 4)
 7. Competition Records (what its all about!!) (section 5)
 8. Personal Records (section 6)
-Where goals have been set assess your achievements and progress.

Assess your Commitment throughout the year toward the following:

(5=Very Good 4=Good 3=Okay 2=Poor 1=Terrible)

_____ Skill Development	_____ Physical Conditioning
_____ Recovery & Regeneration	_____ Health & Injury Management
_____ Food & Hydration	_____ Communication
_____ Annual & Cycle Planning	_____ Self Monitoring & Reviewing
_____ Diary Records	_____ Lifestyle Management

Review your Lifestyle Management: Profile & Goals. Comment on your progress.

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Review your Performance Management: Profile & Goals. Assess your Progress in each of your identified Critical Success Factors:

(5=Very Good 4=Good 3=Okay 2=Poor 1=Terrible)

CSF1:

CSF2:

CSF3:

CSF4:

CSF5:

CSF6:

CSF7:

CSF8: .

Successful Performances throughout the year:

Achievements and Outcomes I'm really pleased with:

What I'd like to improve on:

Actions for next year:

I should do more of:

I should do less of:

NOTES

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