

MyFeedback

When you give in your Log File at the beginning of every month, I'll look through it and see all the things you've added to it since you last gave it in.

This sheet is where I'll write my feedback about what you've done. I might give you feedback about what you've done here in your Log File, but I might also give you feedback about what you've done towards your swimming more generally – in training, outside of training or in competitions.

Read what I've written, show it to your parents, and do talk to me about it whenever you want to. This sheet – just like the rest of your Log File - is another important way to help you get better faster.

Month and year:

Feedback:

To do for next month:

Month and year:

Feedback:

To do for next month:

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