

RACE ANALYSIS CIRCUIT

SWIMMER RECORDING SHEET

Name _____

Record your race component facts and compare. While you are not the size, skill or as experienced as American Record holders, their Race Analysis details are something to work toward as you develop; skills, fitness and race strategies with your coach's help. These are the things your coach is coaching.

RECORD YOUR *BEST* and *AVERAGE* TIMES

RELAY EXCHANGE TIMING (two watches-hand/feet)

	Grab	Track	Step	Shuffle	Hop
	/	_/_	_/_	_/_	_/_

TURNING TIMES
On The Wall (- 1.0)
(head/hand to feet)

	Free	Back	Breast	Fly	IM
	/	_/_	_/_	_/_	_/_

Flag to Flag (- 5.0)
(head passing)

	/	_/_	_/_	_/_	_/_
--	-----	-----	-----	-----	-----

TEMPO

Free (3 entries)	_/_	_/_	_/_
Back (3 entries)	_/_	_/_	_/_
Breast (2 head pops)	_/_	_/_	_/_
Fly (2 entries)	_/_	_/_	_/_

STREAMLINING

STARTS to 15 M (- 7.0)

Big	Ripple	Fishtail	4/10	10/4	Medium
/	_/_	_/_	_/_	_/_	_/_

PUSH-OFFS to 15 M
(-9.0)

/	_/_	_/_	_/_	_/_	_/_
-----	-----	-----	-----	-----	-----

QUICKSTART TIMES to 18 yards

Grab	Forward Lean	Rear Lean
/	_/_	_/_

Stroke Count Differences with Tempo Trainer in Gear-Head Circuit (tell the coach/lane-mate the difference)

1.3 @ 2.6 # goin' #entries (odds) _/_ _/_ _/_ _/_

1.3 # comin' # entries (evens) _/_ _/_ _/_ _/_