

# COMPETITION SQUAD - PROFILE & TRAINING RECORD

NAME: \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

CLUB: CITY OF NEWPORT GYMNASTIC ACADEMYH DISCIPLINE: WOMEN'S ARTISTIC

LEVEL OF ABILITY: PERFORMANCE Training hours per week 9 HOURS maximum

The food I eat:

DAY	BREAKFAST	LUNCH	SNACK	TEA	SNACK	ANYTHING ELSE
MON						
TUE						
WED						
THU						
FRI						
SAT						
SUN						

My goals for 2017 are:

I have discussed my goals with the coaches

Competitions planned in 2017

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**5 WEEK RECORD OF HOW I AM DOING**

**WEEK 1**

Day	What I did	How did it go	ACTION PLAN FOF NEXT LESSON
Monday			
Wednesday			
Friday			

**5 WEEK RECORD OF HOW I AM DOING**

**WEEK 2**

Day	What I did	How did it go	ACTION PLAN FOF NEXT LESSON
Monday			
Wednesday			
Friday			

5 WEEK RECORD OF HOW I AM DOING

# WEEK 3

Day	What I did	How did it go	ACTION PLAN FOF NEXT LESSON
Monday			
Wednesday			
Friday			

5 WEEK RECORD OF HOW I AM DOING

# WEEK 4

Day	What I did	How did it go	ACTION PLAN FOF NEXT LESSON
Monday			
Wednesday			
Friday			

5 WEEK RECORD OF HOW I AM DOING

# WEEK 5

Day	What I did	How did it go	ACTION PLAN FOF NEXT LESSON
Monday			
Wednesday			
Friday			