

**Practice Effort
(weekly)**

Unacceptable/Why Bother?	Developing	Improving/Accepting Challenge	Advanced/ On Target!
I did not participate in stretching exercises this week.	I occasionally skipped stretching exercises this week.	I participated in stretching exercises this week but did not complete every exercise.	I completed every stretching exercise this week. I concentrated on quality effort.
I did my own thing during warm-up this week.	I completed a minimum of 2 warm-ups as prescribed this week.	I participated in all warm-ups this week but did not do all of the sets.	I completed all warm-up exercises as prescribed this week.
I ignored all intervals and sets this week and did my own thing.	I did not follow the time intervals set by the coaches on many of the sets.	I completed almost all of the time intervals this week. I made an attempt to make each interval.	I made all time intervals set for me this week by the coaches.
I swam this week.	I completed the distance for each set but did not complete them as prescribed.	I completed most of each set of each practice as prescribed.	I completed each set as prescribed this week.
I exerted little effort this week.	I worked very hard on some sets and “went through the motions” on others this week.	I made an attempt to work on all sets. I worked to my potential a majority of the time.	I worked to my potential this week. I gave everything I had on all sets.
I never led my lane nor took leadership responsibilities for my lane this week.	I led my lane several times this week.	I led my lane at least once each day this week.	I always took turns at leading my lane this week and encouraged the other swimmers in my lane to do the same.

**Practice Etiquette
(weekly)**

Unacceptable/Why Bother?	Developing	Improving/Accepting Challenge	Advanced/ On Target!
I attended practice irregularly.	I occasionally missed practice when I could have attended.	I made an honest attempt to attend all practices this week.	I did not miss any practice this week. I rarely miss!
I was frequently late to practice this week.	I was occasionally late to practice this week.	I made an honest attempt to be on time to practices this week. I am seldom late to practice.	I was not late to practice this week. I am rarely, if ever, late to practice.
I did not participate in the “Hello Game” this week.	I participated in the “Hello Game” several times this week.	I participated in the “Hello Game” every day this week.	I participated in the “Hello Game” every day this week and the coaching staff did not beat me at saying “hello!”
I was one of the last ones in the pool at practice this week.	I was late in getting into the pool more than twice this week.	I was late getting into the pool at least once this week. I am occasionally slow at getting into the pool.	I was in the pool on time at every practice this week. I am almost always in the pool on time.
I never set practice goals.	I occasionally set practice goals this week.	I often set practice goals for sets this week.	I set practice goals for every set this week.
I ignored my teammates and had little regard for them this week.	I only supported my teammates who support me or those that I like this week in practice.	I frequently encouraged my teammates in practice this week.	I tried, on every set, to encourage my teammates to perform at their best level.
I never listened in practice. I did my own thing while the coaches were talking to the team this week.	I occasionally listened when the coaches talked to the team this week.	I usually stopped what I was doing and listened when the coaches talked to the team this week.	I tried to listen to everything the coaches said to us this week. I never talked while they were talking.
I ignored correction or critiques from the coaches this week.	I only listened to critiques when I wanted to or when I agreed with the coaches.	I listened and tried to accept critique and act on that critique this week.	I am a careful listener. I acted on critique and attempted to make the necessary corrections this week

Meet Day Evaluation

Unacceptable/Why Bother?	Developing	Improving/Accepting Challenge	Advanced/ On Target!
I did not talk to the coaches during the meet.	I talked to the coaches before some of my races.	I talked to the coaches before all of my races.	I talked to the coaches before my races and implemented what they had to say into my race.
I did not talk to the coaches during the meet.	I talked to the coaches after some of my races.	I talked to the coaches after all of my races.	I talked to the coaches after my races and implemented what they had to say into my next race (if applicable).
I got wet before the meet started.	I was late getting into the pool for warm-ups.	I was late getting into the pool for warm-ups but finished all of the warm-up.	I was in the pool on time for warm-ups.
I got wet before the meet started.	I completed some of the warm-up.	I completed all of the warm-up.	I completed all of the warm-up.
I did not stretch before the meet.	I did some stretching before the meet.	I completed all of the stretching exercises before the meet but I was late for warm-ups.	I completed all of the stretching exercises before warm-ups began.
I ignored my teammates during the meet. I did not pay attention to the meet other than my races.	I yelled for only my friends on the team.	I encouraged most of my teammates during the race.	I led the team in yells and encouraged every teammate during his races. I helped build team excitement during the meet!
I did not set any goals for my swimming.	I set season goals but did not set goals for this meet.	I set goals for some of my races for this meet.	I set goals for every race that I swam in this meet.
I did not eat anything before the meet (Including lunch and/or breakfast) or I ate “junk food”.	I ate regular meals today but did not pay any attention to what it was that I ate. I did not eat any “junk food” before the meet.	I ate the recommended pre-meet meals before the meet.	I ate the recommended pre-meet meals before the meet. I stayed hydrated during the meet.
I swam my races at the meet.	I swam hard but could have swum harder.	I gave full effort in some of my races in the meet.	I gave full effort in all of my races in the meet.

