

Athlete Log Book

Youth



Foreward by Nick Hume National Performance Director

Welcome to the National Water Polo Training Diary.

By now you will be used to recording your sessions and reporting to your coaches, this is merely a tool to assist you with this process.

British Water Polo are heading on the path to London 2012 and as a team of athletes and Staff we all need to ensure we are professional in our approach to success. As an athlete this forms part of your professionalism and as your Performance Director I expect you to use your logbooks in a manor befitting professional athletes.

I wish you every success in your Water Polo Career and many happy hours training along the way.

Nick Hume
National Performance Director

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	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11	11	11	11
12	12	12	12	12	12	12	12	12	12	12	12	12
13	13	13	13	13	13	13	13	13	13	13	13	13
14	14	14	14	14	14	14	14	14	14	14	14	14
15	15	15	15	15	15	15	15	15	15	15	15	15
16	16	16	16	16	16	16	16	16	16	16	16	16
17	17	17	17	17	17	17	17	17	17	17	17	17
18	18	18	18	18	18	18	18	18	18	18	18	18
19	19	19	19	19	19	19	19	19	19	19	19	19
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22	22	22	22	22	22	22	22	22	22	22	22	22
23	23	23	23	23	23	23	23	23	23	23	23	23
24	24	24	24	24	24	24	24	24	24	24	24	24
25	25	25	25	25	25	25	25	25	25	25	25	25
26	26	26	26	26	26	26	26	26	26	26	26	26
27	27	27	27	27	27	27	27	27	27	27	27	27
28	28	28	28	28	28	28	28	28	28	28	28	28
29	29	29	29	29	29	29	29	29	29	29	29	29

Player Profile

Section 1: Personal details			
Name		Squad	
Date			

Section 3: Profile				
Area	Comment	1	2	3
1. Swimming				
2. Water Polo Skills				
3. Core Stability/Weights				
Additional Comments				

Coach Name		Coach Signature	
		Player Signature	

Personal Performance Record

Weekly Totals		Swim	Gym	Polo	Swiss Ball	Band	Other	Notes
	wk no.	(distance)	(Hours)	(Hours)	(Hours)	(Hours)	(Hours)	
Jan-07	1							
	2							
	3							
	4							
	5							
Totals								
	6							
	7							
	8							
	9							
Totals								
	10							
	11							
	12							
	13							
	14							
Totals								
	15							
	16							
	17							
	18							
Totals								
	19							
	20							
	21							
	22							
	23							
Totals								
	24							
	25							
	26							
	27							
Totals								
	28							
	29							
	30							
	31							
Totals								
	32							
	33							
	34							
	35							
Totals								
	36							
	37							
	38							
	39							
	40							
Totals								
	41							
	42							
	43							
	44							
Totals								
	45							
	46							
	47							
	48							
Totals								

Weekly Training Diary		Week of				Week no.		1
Time / day	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	
5.00								
6.00								
7.00								
8.00								
9.00								
10.00								
11.00								
12.00								
1.00								
2.00								
3.00								
4.00								
5.00								
6.00								
7.00								
8.00								
9.00								
10.00								
hrs sleep								
mood								

Weekly Sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM