

Executive Swim Club
Half season Report Card

Name: _____

Accountability:

Show up on time	1 2 3 4 5
First one on the water	1 2 3 4 5
Inform coaches of absences	1 2 3 4 5
Show up prepared	1 2 3 4 5
attendance	1 2 3 4 5

Practice Performance:

Complete all laps, don't sit out	1 2 3 4 5
Complete kick sets correctly	1 2 3 4 5
Arrive early and loosen before practice	1 2 3 4 5
Consistently work on underwaters	1 2 3 4 5
Avoid shortcuts	1 2 3 4 5

Character Performance:

Teammate support	1 2 3 4 5
Leadership	1 2 3 4 5
Respectfulness to swimmers	1 2 3 4 5
Respectfulness to coaches	1 2 3 4 5

Meet performance:

Show confidence	1 2 3 4 5
Worry about self, not others	1 2 3 4 5
Trust training prior to competition	1 2 3 4 5
Warm up and down correctly	1 2 3 4 5
Show pride in team and sport	1 2 3 4 5
Can put a bad swim behind you	1 2 3 4 5

Need to work on for remainder of season: