

Progress Report (mark 1-7 where 7 is the top mark, as World Class athletes would score)

Name:	Athlete 12/18	Coach 12/18				
Attendance						
Acquired skills						
Race Plan(ning)						
Race Plan Execution						
Pre Pool / Mobility						
Post Pool						
S&C						
Aerobic fitness						
Power						
Focused on sessions' aims						
Effort						
<p><b>ENJOYS THE JOURNEY</b></p> <p>THE PERSON is fully immersed in making the most of every aspect of being the best that they can be.</p>						
<p><b>RESILIENT &amp; ROBUST</b></p> <p>A strong and durable PERSON who meets challenges head-on, handles adversity, and is able to recover easily from setback.</p>						
<p><b>DRIVEN</b></p> <p>The PERSON Is determined to achieve.</p>						
<p><b>GOOD LEARNER</b></p> <p>The PERSON is inquisitive to always find out more and become a student of their sport.</p>						
<p><b>INDEPENDENT</b></p> <p>The PERSON is a self starter who requires minimal external direction.</p>						
<p><b>FULFILLED</b></p> <p>THE PERSON is happy and content that they are fully developing their abilities and character.</p>						
<p><b>RESILIENT &amp; ROBUST</b></p> <p>THE PERSON is psychologically and physically strong, durable, and able to recover well from setbacks.</p>						
<p><b>ASPIRATIONAL</b></p> <p>THE PERSON has a desire to achieve at the highest level of the sport, knows where they are going, and knows how to get there.</p>						
<p><b>POSSESS A GROWTH MINDSET</b></p> <p>THE PERSON is open to learning and believes that they can and will improve over time with hard work.</p>						