

Pathways to Performance:

Name: _____

Date of Birth: _____

Email: _____

Instructions:

Keep this form in a plastic sleeve

TRACK your progress

EVALUATE each 6 months

BRING to all SNZ camps and meets

Check back for your % progression chart against world records



April 2008	
Age:	School Yr:
Ave km/wk:	
Event1/PB/Splits:	
Goal:	Season Best:
FINA Points:	
Event2/PB/Splits:	
Goal:	Season Best:
FINA Points:	

April 2009	
Age:	School Yr:
Ave km/wk:	
Event1/PB/Splits:	
Goal:	Season Best:
FINA Points:	
Event2/PB/Splits:	
Goal:	Season Best:
FINA Points:	

April 2010	
Age:	School Yr:
Ave km/wk:	
Event1/PB/Splits:	
Goal:	Season Best:
FINA Points:	
Event2/PB/Splits:	
Goal:	Season Best:
FINA Points:	

April 2011	
Age:	School Yr:
Ave km/wk:	
Event1/PB/Splits:	
Goal:	Season Best:
FINA Points:	
Event2/PB/Splits:	
Goal:	Season Best:
FINA Points:	

October 2008	
Age:	School Yr:
Ave km/wk:	
Event1/PB/Splits:	
Goal:	Season Best:
FINA Points:	
Event2/PB/Splits:	
Goal:	Season Best:
FINA Points:	

October 2009	
Age:	School Yr:
Ave km/wk:	
Event1/PB/Splits:	
Goal:	Season Best:
FINA Points:	
Event2/PB/Splits:	
Goal:	Season Best:
FINA Points:	

October 2010	
Age:	School Yr:
Ave km/wk:	
Event1/PB/Splits:	
Goal:	Season Best:
FINA Points:	
Event2/PB/Splits:	
Goal:	Season Best:
FINA Points:	

October 2011	
Age:	School Yr:
Ave km/wk:	
Event1/PB/Splits:	
Goal:	Season Best:
FINA Points:	
Event2/PB/Splits:	
Goal:	Season Best:
FINA Points:	

April 2012		
Age:		School Yr:
Ave km/wk:		
Event1/PB/Splits:		
Goal:		Season Best:
FINA Points:		
Event2/PB/Splits:		
Goal:		Season Best:
FINA Points:		

April 2013		
Age:		School Yr:
Ave km/wk:		
Event1/PB/Splits:		
Goal:		Season Best:
FINA Points:		
Event2/PB/Splits:		
Goal:		Season Best:
FINA Points:		

April 2014		
Age:		School Yr:
Ave km/wk:		
Event1/PB/Splits:		
Goal:		Season Best:
FINA Points:		
Event2/PB/Splits:		
Goal:		Season Best:
FINA Points:		

April 2015		
Age:		School Yr:
Ave km/wk:		
Event1/PB/Splits:		
Goal:		Season Best:
FINA Points:		
Event2/PB/Splits:		
Goal:		Season Best:
FINA Points:		

April 2016		
Age:		School Yr:
Ave km/wk:		
Event1/PB/Splits:		
Goal:		Season Best:
FINA Points:		
Event2/PB/Splits:		
Goal:		Season Best:
FINA Points:		

October 2012		
Age:		School Yr:
Ave km/wk:		
Event1/PB/Splits:		
Goal:		Season Best:
FINA Points:		
Event2/PB/Splits:		
Goal:		Season Best:
FINA Points:		

October 2013		
Age:		School Yr:
Ave km/wk:		
Event1/PB/Splits:		
Goal:		Season Best:
FINA Points:		
Event2/PB/Splits:		
Goal:		Season Best:
FINA Points:		

October 2014		
Age:		School Yr:
Ave km/wk:		
Event1/PB/Splits:		
Goal:		Season Best:
FINA Points:		
Event2/PB/Splits:		
Goal:		Season Best:
FINA Points:		

October 2015		
Age:		School Yr:
Ave km/wk:		
Event1/PB/Splits:		
Goal:		Season Best:
FINA Points:		
Event2/PB/Splits:		
Goal:		Season Best:
FINA Points:		

October 2016		
Age:		School Yr:
Ave km/wk:		
Event1/PB/Splits:		
Goal:		Season Best:
FINA Points:		
Event2/PB/Splits:		
Goal:		Season Best:
FINA Points:		