



Champion's Check List

Answer with honesty... be true to yourself

Tick the appropriate box

Nutrition	Yes	Sometimes	No
I eat 2 pieces of fruit daily			
I eat fresh vegetables daily			
I eat raw sprouts, seeds, nuts every week			
I chew my food well			
I drink 5 glasses of water during the day (not including training)			
I drink one full water bottle every training session			
I eat fish 1-3 times a week (If <i>vegetarian</i> answer: yes)			
I eat red meat 1-3 times a week (If <i>vegetarian</i> answer: yes)			
I can name 4 other foods high in iron (not including meat)			
I eat a large breakfast			
I eat dinner 1 ½ hours before I go to bed			
I know what foods are simple or complex carbohydrates			
I eat chocolate and sweets <i>less</i> than once a week			
I drink Coke, Pepsi, soft drinks <i>less</i> than once per week			
I eat fast food <i>less</i> than once every 2 weeks			

Rest & Recovery & Organisation	Yes	Sometimes	No
I sleep more than 9 hours every night			
I eat a healthy snack before training (fruit, museli bar etc)			
I have a healthy snack immediately after training, within 20min (museli bar, protein drink, small sandwich etc)			
I read books (not school books!)			
I listen to music			
I do another activity in my free time like Yoga, dancing, riding, etc			
I have my school & swim bag packed the night before when I have training the next morning			
If I have a spare time before arriving at training I do some homework			
I ask my teacher for homework and assignments in advance when a major competition is coming up			
I use a diary to plan my weekly schedule			
I communicate with my coach when I have a heavy load at school, like exams			
I carry healthy snacks with me when I am traveling from school			
I watch <i>less</i> than 30min of TV every night			
I stretch at home when relaxing or watching TV			
I know the signs of when I am starting to get sick			
I know 3 good things to eat when I know I am catching a cold			





Training	Yes	Sometimes, Sort of	No
I bring all of my equipment to training (kickboard, fins, goggles etc)			
I always carry a spare pair of goggles			
I fill my water bottle before going pool-side			
I arrive to training 10min early and stretch every session			
I also do a separate 30min stretching session twice a week			
I focus and train my hardest during dryland sessions			
I <i>always</i> focus on the coach when they he/she demonstrates technique and explains sets			
I like to race against my friends in training			
I encourage other swimmers during training			
I ask my coach questions about my stroke			
I give my coach feedback on how my stroke feels			
I know my training PBs for everything including Kick and Pull sets			
I cooperate with other swimmers during training			
I am interested in how my team mates perform			
When asked to try new things, I apply myself 100%			
I have always taken on challenging sets with 100% effort			
If I don't understand <i>why</i> , I ask the coach			
I trust my coach's decisions			
If the coach gave me a session, I could train responsibly by myself			
I always try to swim at the paces intended in the set			
I know what aerobic, anaerobic, lactate and elliptical mean			
I know the names of 4 or more current world record holders			
I know 3 or more world record times			
I know 3 or more National Qualifying times (Age or Open)			
I really believe that I train harder and smarter than my opposition			
I discuss my training plan with my coach			
I thank my parents every time they pick me up and drop me off			

Competition	Yes	Sometimes, Sort of	No
I love to test myself in competition			
I arrive at competitions early and check in with the coach straight away			
I have brought pre-prepared healthy snacks and food for the competition			
I consult with my coach <i>before</i> every race			
I consult with my coach <i>after</i> every race			
I carry a spare pair of goggles to the marshalling area			
I know all of my PB times for Long & Short Course racing			
When I get nervous I use this to go faster			
I have a pre-race routine that I am comfortable with (music, stretching, walking etc)			
When I race, I maintain the correct technique I trained with			
I understand my race strategy clearly every time I race			
When I have poor results, I analyze why with my coach and focus on improving those things			





	Yes	Sometimes, Sort of	No
Total Ticks in Each Column			

How many of these “Champion Characteristics” do you have?

Number of “Yes” Answers	Outcome
0 - 57	There are many areas you can improve on. You compete at races and sometimes swim a PB. You probably don’t make finals at State level. You may enjoy swimming but there are many more personal rewards that can be gained by applying yourself better to this sport. Write down which questions had “No” or “Sometimes” and work on turning these into “Yes”. Then do this test again in 2 months time!!
58 – 63	Your training is average when compared to most other swimmers. Expect similar results when racing. You may make the occasional State final. There is room for improvement in all areas. Write down which questions had “No” or “Sometimes” and work on turning these into “Yes”. Then do this test again in 2 months time!!
64 – 67	You are doing a good job, training and looking after your body. Your results should be good and competitive with most other swimmers. You should make State finals for your targeted swims. Focus on the few remaining areas you can improve on and watch your results improve as well!!
68 – 70 (All)	You are giving yourself every possible chance of achieving your highest potential. You should be making finals, placing and winning some races. Keep refining and advancing your skills. Be satisfied with your swimming, no matter what the result, knowing that you have done your best!!

