Create your own performance profile

Instructions

Step 1: Identify 8 characteristics that you think make a great swimmer and write them in the outer circle.

Step 2: Now rate yourself (*1 being 'I am not good at displaying this characteristic' - 10 'I am great at this characteristic')* and colour in the bars to show your rating. Do this for all 8 characteristics.

Step 3: Now look at your performance profile - *How close are you to having great swimmer characteristics? What do you notice? Can you improve? How can you do it?*