



2009 SWIMWEEK REVIEW FORM / PLEASE TAKE THE TIME TO COMPLETE THIS FORM TO HELP US IMPROVE WHAT WE DO / (1 = Poor 10 = Excellent)

Swim pool sessions

I attended Eyemouth / Salisbury (delete as appropriate)

Training session content 1 2 3 4 5 6 7 8 9 10	Skills coaching 1 2 3 4 5 6 7 8 9 10
Discipline & work quality 1 2 3 4 5 6 7 8 9 10	Attitude of coaches 1 2 3 4 5 6 7 8 9 10
Clarity of session briefing 1 2 3 4 5 6 7 8 9 10	Commitment of squad 1 2 3 4 5 6 7 8 9 10
Fault corrections - if any 1 2 3 4 5 6 7 8 9 10	Your understanding of coaches objectives 1 2 3 4 5 6 7 8 9 10
Variety of the work in sessions 1 2 3 4 5 6 7 8 9 10	Your enjoyment of training 1 2 3 4 5 6 7 8 9 10

Dry side sessions

Quality of land conditioning 1 2 3 4 5 6 7 8 9 10	Was it well organised 1 2 3 4 5 6 7 8 9 10
Understand purpose of the work 1 2 3 4 5 6 7 8 9 10	Enjoyment 1 2 3 4 5 6 7 8 9 10
Quality of lecture period 1 2 3 4 5 6 7 8 9 10	Did you understand everything 1 2 3 4 5 6 7 8 9 10
Do you think it was of value 1 2 3 4 5 6 7 8 9 10	Discipline in the land based sessions 1 2 3 4 5 6 7 8 9 10

General

Was swimweek value for money 1 2 3 4 5 6 7 8 9 10	Are you booking next year
Will you recommend the week to friends	Would you be interested in a February Swim Week North or South

Your Suggestions Here Please