

| Monday | Tuesday | Wednesday  | Thursday                                       | Friday  | Saturday | Sunday |
|--------|---------|--|--|---|----------|--------|
| Oct 12 | Oct 13  | Oct 14   | Oct 15   | Oct 16  | Oct 17   | Oct 18 |
| Oct 19 | Oct 20  | Oct 21<br>IntraSquad JV<br>Champs @WHS<br>5:30PM | Oct 22<br>Sections<br>Swimming<br>@OMS 6:00 PM | Oct 23<br>Sections Diving<br>@OMS 5:30PM<br>Hosted by<br>Woodbury |          |        |

\* Cross off, Star, Heart or Smiley Face each day as you complete it. ❌⭐️❤️😊

Daily Journal. In Each category.

On a scale of 1-10, 10 being best.

AM How will you do today?

PM How did you do today ?

Training

\_\_\_\_ \ \_\_\_\_

Attitude+Mindset

\_\_\_\_ \ \_\_\_\_

Pride+Respect

\_\_\_\_ \ \_\_\_\_

Eat (food as fuel)

\_\_\_\_ \ \_\_\_\_

&Water \_\_\_\_ \ \_\_\_\_

Rest

\_\_\_\_ \ \_\_\_\_



We are the Royals.  
 We are strong  
 We are powerful  
 We are confident  
 We can  
 Our Taper is Working  
 Today is our Day!  
 Power Pose.

The evening of Wednesday 10/14 research the events you will swim at IntraSquad JVChamps or Sections. Check out our Meet and Results Page on the Website. Review your 2020 races, write/type/draw in splits and final times from races. Your best time of the 2020 season is your seed time in the IntraSquad JV Champs or Sections Meet. After you have done this write/type/draw out your goal splits and times in your events for the 2020 Taper Meets! Share with Coach Liz. You can email, take a photo of your notes or show her at a practice.

|   |  |            |  |  |
|---|--|------------|--|--|
| Name:   |  |            |  |  |
|   |  |            |  |  |
| Event:  |  | Seed Time: |  |  |
|   |  |            |  |  |
|   |  | Goal Time: |  |  |
|   |  |            |  |  |
| Track Past Season & Season Results with Splits: |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |
| Event:  |  | Seed Time: |  |  |
|   |  |            |  |  |
|   |  | Goal Time: |  |  |
|   |  |            |  |  |
| Track Past Season & Season Results with Splits: |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |
| Relays:   |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |
|   |  |            |  |  |