

10u Athlete Journal



Fall 2024

Name: _____

Week 1

"To begin, begin."
- Peter Nivio Zarlenga (Famous Author)

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

100 yd Freestyle goal:

This week 100 yd time:

Water Polo Goals + Focus

Weekly Goal:

Monthly Goal:

Yearly Goal:

This Weeks Reflection

What I did well:

What I need to work on:

What was my favorite part of water polo this week?

What are some things my coach wants me to focus on?:

Draw out your favorite drill or play you learned this week:

Week 2

"The best motivation
always comes from
within."

- Michael Johnson (Gold
Medal Sprinter)

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

This Weeks Reflection

What I did well:

100 yd Freestyle goal:

This week 100 yd time:

What I need to work on:

**What was my favorite part of
water polo this week?**

Water Polo Goals + Focus

Weekly Goal:

**What are some things my
coach wants me to focus on?:**

Monthly Goal:

**Draw out your favorite drill
or play you learned this
week:**

Yearly Goal:

Week 3

"If you can't accept losing,
you can't win."

- Vince Lombardi
(Legendary Football
Coach)

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

100 yd Freestyle goal:

This week 100 yd time:

Water Polo Goals + Focus

Weekly Goal:

Monthly Goal:

Yearly Goal:

This Weeks Reflection

What I did well:

What I need to work on:

**What was my favorite part of
water polo this week?**

**What are some things my
coach wants me to focus on?:**

**Draw out your favorite drill
or play you learned this
week:**

Week 4

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

100 yd Freestyle goal:

This week 100 yd time:

Water Polo Goals + Focus

Weekly Goal:

Monthly Goal:

Yearly Goal:

"The rewards are going to come, but my happiness is just loving the sport and having fun performing."
- Jackie Joyner Kersee
(Track and Field Legend)

This Weeks Reflection

What I did well:

What I need to work on:

What was my favorite part of water polo this week?

What are some things my coach wants me to focus on?:

Draw out your favorite drill or play you learned this week:

Week 5

"You owe it to yourself to be the best you can possibly be - in baseball(or water polo) and in life."
- Pete Rose (Baseball Great)

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

100 yd Freestyle goal:

This week 100 yd time:

Water Polo Goals + Focus

Weekly Goal:

Monthly Goal:

Yearly Goal:

This Weeks Reflection

What I did well:

What I need to work on:

What was my favorite part of water polo this week?

What are some things my coach wants me to focus on?:

Draw out your favorite drill or play you learned this week:

Week 6

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

100 yd Freestyle goal:

This week 100 yd time:

Water Polo Goals + Focus

Weekly Goal:

Monthly Goal:

Yearly Goal:

"Nothing will work unless you do."

- John Wooden (Basketball Coach)

This Weeks Reflection

What I did well:

What I need to work on:

What was my favorite part of water polo this week?

What are some things my coach wants me to focus on?:

Draw out your favorite drill or play you learned this week:

Week 7

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

100 yd Freestyle goal:

This week 100 yd time:

Water Polo Goals + Focus

Weekly Goal:

Monthly Goal:

Yearly Goal:

“It does not matter how many times you get knocked down. What matters is how many times you get up.” – Vince Lombardi

This Weeks Reflection

What I did well:

What I need to work on:

What was my favorite part of water polo this week?

What are some things my coach wants me to focus on?:

Draw out your favorite drill or play you learned this week:

Week 8

**“Start where you are.
Use what you have. Do
what you can.” – Arthur
Ashe (Legendary Tennis
Player)**

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

100 yd Freestyle goal:

This week 100 yd time:

Water Polo Goals + Focus

Weekly Goal:

Monthly Goal:

Yearly Goal:

This Weeks Reflection

What I did well:

What I need to work on:

**What was my favorite part of
water polo this week?**

**What are some things my
coach wants me to focus on?:**

**Draw out your favorite drill
or play you learned this
week:**

Week 9

“Victory is in the quality of competition and not the final score.” – Mike Marshall

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

This Weeks Reflection

What I did well:

100 yd Freestyle goal:

This week 100 yd time:

What I need to work on:

What was my favorite part of water polo this week?

Water Polo Goals + Focus

Weekly Goal:

What are some things my coach wants me to focus on?:

Monthly Goal:

Draw out your favorite drill or play you learned this week:

Yearly Goal:

Week 10

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

100 yd Freestyle goal:

This week 100 yd time:

Water Polo Goals + Focus

Weekly Goal:

Monthly Goal:

Yearly Goal:

***“Set your goals high,
and don’t stop until you
get there.” – Bo Jackson
(famous baseball Player)***

This Weeks Reflection

What I did well:

What I need to work on:

**What was my favorite part of
water polo this week?**

**What are some things my
coach wants me to focus on?:**

**Draw out your favorite drill
or play you learned this
week:**

Week 11

“The only place success comes before work is in the dictionary.” – Vince Lombardi

Date:

Practices Attended:

- Monday
- Wednesday
- Friday
- Saturday

100 yd Freestyle goal:

This week 100 yd time:

Water Polo Goals + Focus

Weekly Goal:

Monthly Goal:

Yearly Goal:

This Weeks Reflection

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What I need to work on:

What was my favorite part of water polo this week?

What are some things my coach wants me to focus on?:

Draw out your favorite drill or play you learned this week: