



AP&R

Athlete Planning & Review (page 1)

This page to be completed by athlete before AP&R

Name: _____ Date: _____

Coach: _____ Club: _____

Long Term Goals:

1. _____ 3. _____

2. _____ 4. _____

Achievements (Events & Skill Improvements):

Needs for Improvement:

Training Conditions, Materials, Information, Etc. which Coach & Club are expected to provide:

Athlete's Remarks/Suggestions:

Coach's Remarks/Suggestions:



AP&R

Athlete Planning & Review (page 2)

Goals & Action Plan

This page to be completed by athlete & coach together during session.

Wrestler: _____ Today's Date: _____

Coach: _____ Next scheduled AP&R: _____

GOALS:

Ways & Means to Achieve Goals:

By What Date:

Technical:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Physical:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Psychological:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Other:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____