

IOT LEARNING LOG



Take this learning log with you to all meets. Use it to record your experiences and bring it to your assessment conversation. After a meet or session ask your buddy IOT or the referee to date and initial any skills you completed. Record your attendance at the meet and make a note of anything in particular you learned.

You do not need to have completed all skills to be eligible for assessment.

Skill	Date & initial	Date & initial	Date & initial
IOT a freestyle race			
IOT a backstroke race			
IOT a breaststroke race			
IOT a butterfly race			
IOT an individual medley race			
IOT a relay			
IOT from the start end			
IOT from the turn end			
Operate a back up timing button			
Complete a disqualification form			
Use backstroke ledges			
Use lap counters at the turn end			

Date:	Meet name:
What did you learn?	

Date:

Meet name:

What did you learn?

Date:

Meet name:

What did you learn?

Date:

Meet name:

What did you learn?

Date:

Meet name:

What did you learn?