

JOS LEARNING LOG

Meet name				
Meet type				
Trainer/Referee name & date				
JOS a freestyle race				
JOS a backstroke race - 2xJOS				
JOS a backstroke race - 4xJOS				
JOS a breaststroke race - 2xJOS				
JOS a breaststroke race - 4xJOS				
JOS a butterfly race - 2xJOS				
JOS a butterfly race - 4xJOS				
JOS an individual medley race - 2xJOS				
JOS an individual medley race - 4xJOS				
IOT a medley relay race - 2xJOS				
IOT a medley relay race - 4xJOS				
JOS at a 25m pool				
JOS at a 50m pool				
Complete a disqualification form				

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

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 trainer/referee write their name, the date and tick off any skills you completed.

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