

Performance Record Explanation

Why is it important to monitor performance?

It is important to keep a record of athlete/unified partners results and training times, distances and scores to ensure that you document their progress throughout the sport and set them aims and goals to achieve within set time frames.

Due to Special Olympics events implementing a Maximum Effort Rule and requiring entry scores and ability levels, it is important that athletes/unified Partners are entered into competitions and tournaments at the correct level and that coaches note trends in their performance levels to support this.

Training Diary

Athletes/Unified Partners are encouraged to keep a "[Training Diary](#)" for them to use to monitor their own progress and plan for future coaching sessions. A blank copy of this document can be found in the Resources section of the Special Olympics GB website for you to use should you choose.

Performance Records

You should keep a record of each individual athlete's/unified partners performance, to note trends, set objectives, monitor progress and enter into the correct level of competition. We have created a [template](#) for you to use should you choose, which can be found in the Resources section of the Special Olympics GB website.