



COMPETITION READINESS REPORTING FORM

Preamble:

This form is to be completed by all athletes who are aspiring to be considered for selections into the national team for various competitions. This form is to be filled in by each swimmer age 18 years old and above, or by a guardian for swimmers age under 18 years old, and by the swimmer's coach, in relevant parts.

While every selection will follow specific criteria, set for a particular competition, competitive readiness is the requirement for all athletes potentially eligible for selections. The feedback through this form shall form part of training and wellbeing monitoring of athletes, and their competitive readiness for consideration for various selections. KSF may from time to time require athletes/guardians and coaches to return this form by a set deadline. Only athletes that demonstrate continued training and preparation for competitions shall be considered at the team selection stages.

Information provided is subject to further verification as deemed necessary. Any information that is misleading, inaccurate or false will lead to an automatic removal of the athlete from being potentially considered, subject to particular criteria, and may lead to further disciplinary measures.

Completed Form must be returned on or before such dates as shall be established by the Working Group on behalf of KSF. Completed form should be returned via email to:

competitions@kenyaswimmingfederation.org

NOTE: Non submission of competition readiness form and any further information when required by KSF may lead to exclusion of an athlete from selection consideration.



COMPETITION READINESS REPORTING FORM

List of targeted competitions with dates	1. 2. 3.		
THIS SECTION TO BE FILLED BY SWIMMER/GUARDIAN			
COACH'S INFORMATION			
Full name			
E-mail address			
Phone number with international code			
SWIMMER'S INFORMATION			
Full name			
Gender (M/F)		Date of birth (DD/MM/YYYY)	
E-mail address			
Phone number with international code			
School /University /Place of work			
Address (City/Town & Country)			
Club affiliation (current)			
Training pool (current)			
Competitions attended in the period from – to (dates) <i>attach additional sheet if all information cannot fit in</i>			
Name and location of the competition	Course (LC/SC/Y)	Events swum (stroke/distance)	Results (time)



Training over period of – to (dates)			
Any breaks over 7 days (declare) – DATES/REASON			
	SWIMMING	DRYLAND	
Frequency per week			
Length of each session			
Total hours of training per week			
Total swim per session (km)		Total swim per week (km)	
THIS SECTION TO BE FILLED BY COACH			
Full name			
E-mail address			
Phone number with international code			
Name of the swimmer			
	SWIMMING	DRYLAND	
Frequency per week			
Length of each session			
Total hours of training per week			
Total swim per session (km)		Total swim per week (km)	
Training attendance			
Training discipline			
Training attitude			
Declaration for any known injuries, ongoing treatment and medications			



Details of individual/team/club goals	
Mental skills and racing strategies	
Nutrition Support	
Club/Team set protocols for prevention of COVID 19 infection, exposure and transmission (when applicable)	
Details of Team/Club Anti-doping testing, education	
Any other information/comments	
Competitive readiness declaration	
Comments	

Signature of Swimmer (or guardian)

Signature of Coach

Print Full Name

Print Full Name

Date

Date
