Competition Journal

Date: _____

Location: _____

Class: _____

Result: _____ **out of** _____ **participants**

What went well?

_____

_____

_____

What needs improvement?

_____

_____

_____

Feedback from our coach, spectators, etc.

_____

_____

_____

Key takeaways

_____

_____

_____

Training priorities until the next competition

_____

_____

_____

Additional notes

_____

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_____