



APPLICATION TO HIGH PERFORMANCE GROUP - NATIONAL TRAINING CENTRE @ SSP

Singapore Sports School

PERSONAL INFORMATION

First Name:		Last Name:		Date of Birth:		NRIC (last 4 digit):	
Email:		Mobile:		Address:			
Club:		Coach:		Training Site:			
Weight (kg):		Height (cm):					

BEST TIMES (Long Course Metres) 2018-2022

	EVENT/STROKE (Breaststroke/Butterfly/Freestyle/Back stroke/Individual Medley)	DISTANCE (50m/100m/200m/400m/ 800m/1500m)	TIME (: :)	REMARKS
Best Event				
2nd Event				
3rd Event				

BEST RESULTS LAST 2 YEARS (8 best results nationally or internationally in Long Course Metres)

YEAR	COMPETITION	PLACING	CATEGORY	EVENT	TIME (: :)

HIGHEST REPRESENTATION

	COMPETITION - CATEGORY	EVENT(S)	Year
Highest Junior International Team (E.g. World Juniors, Junior Pan Pacific)			
Highest Senior International Team (E.g. SEA Games, World Championships)			

CAREER GOALS

NATIONAL COMPETITION	EVENT
INTERNATIONAL COMPETITION	EVENT

TRAINING INFORMATION

	Maximum	Minimum
Weekly Sessions (hr)	Water	
	Dry-Land	
Weekly Volume (km)		
Percentage of Attendance to the Programmed Training Sessions (%)		

PLEASE ANSWER THE FOLLOWING QUESTIONS.
1. Why are you applying?
2. Will your approach to swimming at the NTC @ SSP be the same or different as it is now? Please describe how and why.
3. What are your strengths as a swimmer?
4. What are your weaknesses as a swimmer?
5. Explain in detail a practice that you have done this past season that you feel very proud of and why.
IMPORTANT: You MUST fill out every field in order to have your application considered.

Name of Swimmer: _____

Signature of Swimmer: _____

If swimmer is under 21 years old,

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

The Club Coach, _____, that currently trains the swimmer in this application is in agreement with this application.

Coach's signature: _____

Club Name: _____

Club Seal: _____