

Appendix A

Training Logs

Sample training log

Session	Date	Time	Trainer	Comments
1	___ / ___ / ___	___ : ___		
2	___ / ___ / ___	___ : ___		
3	___ / ___ / ___	___ : ___		
4	___ / ___ / ___	___ : ___		
5	___ / ___ / ___	___ : ___		
6	___ / ___ / ___	___ : ___		
7	___ / ___ / ___	___ : ___		
8	___ / ___ / ___	___ : ___		
9	___ / ___ / ___	___ : ___		
10	___ / ___ / ___	___ : ___		
11	___ / ___ / ___	___ : ___		
12	___ / ___ / ___	___ : ___		
13	___ / ___ / ___	___ : ___		
14	___ / ___ / ___	___ : ___		
15	___ / ___ / ___	___ : ___		

From F. Davis and J. Mannino, 2011, *Championship Racquetball* (Champaign, IL: Human Kinetics).
<http://bit.ly/fbCfh0>

Drill worksheet

Today's date: ____ / ____ / ____

Drill strokes practiced	Court position # hits # attempts	Court position # hits # attempts	Court position # hits # attempts	Court position # hits # attempts	Comments
FOREHAND					
Down the line					
Crosscourt					
Wide-angle pass					
Pinch					
Reverse pinch					
BACKHAND					
Down the line					
Crosscourt					
(YOUR OWN) DRILL					

Record the number of good hits you make in the first box. Record the number of attempts in the second box.

Use the blank section to record other drills that you chose based on what skill you want to develop.

From F. Davis and J. Mannino, 2011, *Championship Racquetball* (Champaign, IL: Human Kinetics).

<http://bit.ly/fbCfh0>

Appendix B

Tournament Logs

Tournament log

Event	Date	Division(s)	Results	Answers to tournament log questions
	___ / ___ / ___			
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	___ / ___ / ___			

From F. Davis and J. Mannino, 2011, *Championship Racquetball* (Champaign, IL: Human Kinetics).
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