Training review and planned follow-up

Fictional coaching notes, 10 November 2026. Source: the demonstration coaching team. These notes are observations and proposed actions, not medical advice.

Evan Brook: sprint time improved from 11.05 to 10.80 seconds; the coach target is 10.50 seconds. Session load increased from 300 to 420 arbitrary units, a 40 percent change. The coach plans to review acceleration technique and the recovery schedule before agreeing the next comparable test.

Jade Pine: only two high-jump observations are available in the review window. The next planned action is to record a third comparable test. Do not treat the current record as sufficient evidence for nomination.

Theo Marsh: the performance target is met, but the availability register says unavailable. The authorised coordinator must clarify availability before any nomination discussion.

Review meeting agenda: check the source measurements, discuss the documented training plan, record evidence gaps, agree follow-up tests and retain a source-backed briefing for the selection panel.