Self-Performance Review

**Environment**  By this we mean the daily session group atmosphere: creating a positive learning environment, one where participants feel safe to try and to fail, feel supported in their steps toward eventual success.

* You are welcoming to all
* You are creating a learning environment that is fun
* You implement structure and reasonable measure of discipline

**Adaptation to Change** By this we mean adapting to needs of the group or to needs in the moment such as short staffed, change in lane space or dryland area, change in assigned staff and addition of new swimmers.

* You have the ability to create challenges within the lanes of my practice knowing the range differing abilities in my group.
* You have a strong knowledge of the skill level between Minnows and Novice One and Novice One to Novice Two.
* You have the ability to adapt practices to new swimmers within your group of known swimmers and make it work for everyone.
* You an easily able to go with the flow

**Observation**

**And Correction** By this we mean your overview of the skill development of your athlete’s technical and behavioural feedback.

* You can identify by eye technical corrections
* You are able to communicate technical changes in a variety of methods, with clear concise instruction.
* You make effective use of voice inflection and body language to motivate attention to instruction.
* You are able to effect change in short term, and through progression over time
* The corrections given are directly related to the skill level required for that swimmer to advance to the next level
* You are up to date on the latest stroke techniques, turns and starts
* You provide short specific feedback to athletes in between repeats.

**Productivity**

* You plan your practices 1 week in advance
* Each practice includes a;
	+ - Warm up
		- Technical portion
		- Under water work
		- Main set
		- Warm down
	+ You implement test sets appropriate to your group
	+ Test sets are done sessionally and results are recorded
	+ Swimmers are able to see their results and compare to previous results
	+ Please outline the test sets done in your group;
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**Position Description**

* You are familiar with the club’s overall goal and mission statement
* You are familiar with the transition, skill and development expectations between groups
* You are aware of your role and responsibilities while on deck as a coach
* You are familiar with the LTAD phase of your primary group; Learn to Swim, FUNdamental, Learn to Train, Train to Train and Train to Compete
* You communicate as needed with swimmers and parents regarding concerns and progress
* You complete annual progress reports
* You properly prepare the athletes for competitions
	+ Preparation includes the physical and educational training – inclusive of the mental and emotional aspects of the sport.

You outline to your assistant coach what the goal of the practice is……

Log book and attendance

Nutrition and hydration

Dry land and stretching