



Understanding the Mid-Season Evaluation (1st-6th graders)

The mid-season evaluation is designed to assess a swimmer's progression through the group system here at Swim Torrance. It is based on their group's expectations and standards, which are set by the Head and Lead Coaches. It is meant to help parents and swimmers understand what the athlete is doing well and needs to work on more. If you have questions regarding your own swimmer, please contact your Lead Coach to set up a meeting to discuss the feedback. The measuring scale is Below, Meets, or Exceeds the group expectations.

PRACTICE

Attendance – Is your athlete meeting the group minimum expectation? Attendance is recorded daily by coaches.

On Time – Is your athlete on time to activation and practice, or are they continually late?

Activation – Does your athlete complete the exercises to their best ability? Is your athlete attentive or are they distracting their teammates?

Dryland – Does your athlete complete the exercises to their best ability? Is your athlete attentive or are they distracting their teammates?

Engaged in skill development – Does your swimmer attempt and continue to try to improve on skills taught by the coach?

Prepared with apparel/equipment – Does your athlete have their equipment? Do they have a water bottle every day? Do they dress properly for activation and/or dryland?

Clock/maintaining interval – Does your athlete know how to read the clock? Can your athlete make and maintain the interval?

PRACTICE: ACTION AND ATTITUDE

Listening and paying attention – Does your athlete listen while the coach is giving instruction? Does your athlete know what they are doing on a set when they leave the wall?

Communication with coach – Does your athlete talk to the coach about missing practice? Does your athlete talk to the coach about skills or sets if they are unsure of what to do?

Positive Influence on teammates – Is your athlete encouraging or distracting his/her teammates during practice or dryland? Does s/he bring out the best in the group?

Learning/Applying new skills – Is your athlete able to implement skills being taught by their coach within a few weeks of learning it or are they constantly having to be reminded for months/seasons to work on the same skill?

Seeks challenges – Is your athlete excited to take on a new skill or tough set? Are they excited to work hard or do they complain or use sarcasm after hearing a difficult set?

Committed to the process – Is your athlete invested in his/her own long-term development?

MEETS

Attendance – Does your swimmer attend meets consistently? Are they attending 1 or both days?

Prepared with apparel/equipment – Does your swimmer have the correct shirt order? Do they have the right cap? Are they wearing the team suit during meets?

Meet order – Does your athlete follow the correct meet order before, during, and after a race?

Applying skill development – Does your athlete show skills from practice during their races?

Racing – Is your athlete thinking more than racing or are they aggressively racing?