

Gathering and recording evidence: **Assessment Transcript for Coaching Assistant-Swimming South Africa**

Venue	
Date	

Coaching Assistants' Name:	
Assessors' Name:	
Competent / Not yet Competent	

Evidence that the Assistant Coach has:		Evidence	
1.	Health and Safety Awareness		c/nyc
	- Performed a safety check of the pool & deck area (i.e. visual scan or use of a checklist)		
	- Activities in practice plan reflect awareness and control of potential risk factors.		
	- Take steps to minimize risk before and throughout the practice		
2.	Ability to plan – Periodization/Macro-cycles		
	- Produced a plan for the training Session		
	- Knows what periodization is		
	- Is able to draw up a macro cycle		
	- Able to use periodization when drawing up a training cycle		

	- Able to set goals and targets for themselves and their children		
	- Able to execute the training plan		
	- Able flexible to change the training plan if required		
3.	Ability to identify and rectify stroke errors		
	- Able to identify the different strokes		
	- Able to correct strokes		
	- Able to develop drills to correct strokes		
	- Coach is able to identify root causes of skill execution errors that have direct impact of the performance of the skills.		
4.	Duties of an Assistant Coach		
	- Able to identify participants' needs in relation to age, abilities & performance levels		
	- Match activities to the skill level of participants		
	- Match activities to the appropriate segment of the practice (intro, warm-up, main part, cool-down and a conclusion/reflection)		
5.	Communication and Class Control		
	- Create opportunities to interact with all participants		
	- Provide demonstrations so that all the participants can be able to see and hear		

6.	Candidate has the WHAT and HOW to coach skills		
	WHAT to coach skills - has the tactical and technical knowledge of the swimming		
	- has the knowledge of the different coaching methods, trends		
	HOW to coach skills - make session fun		
	- organized, prepared for the training session		
	- explain and demonstrate on the level of an Assistant coach is expected		
7.	Nutrition and supplements		
	- Ability to advise and inform swimmers and parents on real life nutrition advice based on their economic reality		
	- Ability to advise children on the correct supplements to use		
8.	Promotion of a drug-free sport		
	- Have knowledge about what drugs and doping methods are illegal		
	- Able to advise children about illegal use of drugs and doping methods		
9.	Implementation of LTPD in planning and execution		
	- Knows the stages of development as laid out in the LTPD model		
	- Knows the focus areas of each stage and be able to incorporate this in their periodization (macro-cycle) planning		
	- Has an understanding of the characteristics of each of the stages of development		
	- Understands key height velocity and how to use it within his/her training program		

10.	Critical Cross Field Outcomes		
	- Assist in developing a holistic person and instill values such as fair play; respect; responsibility & team work		
	- Assist with national imperatives such as non-racialism; non-sexism, national pride		
11.	Child Protection		
	- Is Committed to protecting children's rights		
	- Be able to Identify an unhappy child		
	- Knows what actions to take		

IID.....

confirm that I was assessed ONday of

Coaches signature

Assessors signature.....