Subjects

Coach – z
Athlete a – a
Athlete b – b
Athlete c – c
Athlete d – d
Athlete e – e
Athlete f – f
Athlete g – g
Athlete h – h
Athlete i- i
Athlete j- j
Athlete k- k
Athlete l- l
Athlete m- m
Athlete n- n
Athlete o- o
Athlete p- p
Athlete q- q
Athlete r- r
Athlete s- s
Athlete t- t
Athlete u- u
Athlete v- v
Athlete w- w
Athlete x-x
Team – 99

Coach Content

10 - Humour
Deliberate attempt to include humour in the practice. Can refer to the coach's use of humour or encouragement of athletes to use humour themselves.
Notes
- E.g. "I'm a poet and I didn't know it"
- Sharing a joke an athlete made up with the rest of the team.
- Can include sarcastic joking (e.g. "I give you permission to beat her up") as long as it is clearly delivered in a humourous manner.

11 - Positive Reinforcement and Encouragement
Positive reaction by coach to desirable performance by athlete(s) or non-technical encouragement from coach either in response to athlete(s) mistake or coach-initiated.

Notes
- Focus is on success.
- Verbal (e.g., "goodjob", "well done", "you'll do better next time", etc.)
- Non-verbal (e.g., thumbs up, high five, etc.)
- If non-verbal, must be very obvious communication.

12 - Coach-Initiated Athlete Input
Coach asks the athlete how they are feeling, what their capabilities are, or their opinions on the set or drill.
Notes
- E.g., "how is your headache today?", "do you feel that you'll be able to do the kicking in this drill?", "what stroke would you like do in this set?", etc.
- Does not including asking questions for the purpose of assessing knowledge (e.g. "what are the five key points to remember about butterfly technique?")

13 - Technical Instruction with Modelling
Coach provides technical instruction while physically demonstrating the performance of the skill or technique or coach physically manipulates athlete to demonstrate technique.
Notes
- E.g., coach verbally explains how to perform the catch-up drill while physically demonstrating it with her arms, etc.
- E.g. manipulating an athlete's arms to demonstrate proper freestyle technique

14 - Technical Instruction
Technical/teaching instruction from coach, either in response to athlete(s) mistake or coach-initiated. Requires specific instruction regarding how the athlete can perform the skill correctly.
Notes
- E.g., "make sure to explode off the wall coming out of your turn", etc.
- Can include pointing out athlete mistake (normally coded as 'error technical') but must be immediately preceded or followed (3-second rule) by corrective information (i.e. how to fix the mistake) to be coded as 'technical instruction (with or without) modelling' (e.g., "I could see you looking forward, your head was too far back. Make sure that you keep your head neutral").
- Can also be in the form of a question for the purpose of testing knowledge.

15 - Cues
1-3 keys words delivered while the athlete is swimming (i.e., while head is out of water).
Notes
- E.g., "streamline!", "head neutral!", etc.
- If athlete stops swimming and moves over to side of lane or pool, coach interaction should not be coded as cues.

16 - Inter/Intra-Personal Instruction

Deliberate attempt to instil attitudes, skills, etc that are conducive to personal development (i.e. setting an example (leadership), teaching responsibility, teaching athletes to interact pleasantly with one another or with the coach or providing support, assistance, and feedback to teammates.

- E.g. "you have to set an example for the other swimmers", etc
- E.g. "it is a swimmer's job to be responsible for themselves", etc

17 - Organization

Communication from coach related to organization of practice tasks and athlete actions, NOT intended to directly influence performance.

Notes

- E.g., "now we're doing ___ drill", "go over there", etc.
- Cannot include any technical instruction or encouragement. Code for each separately, even if they occur in immediate sequence (e.g., "Get ready for 50 free—catch-up. Remember to stay streamlined. I know you guys can do it!" to be coded as 'organization' then 'technical instruction without modelling or physical assistance', then 'positive reinforcement and encouragement').
- Must code recipient (athlete, team, or other)

18 - Observation

Coach engaged in observing/watching athletes during practice activities, though not directly communicating with athletes.

Notes

- Default code if coach is engaged in practice but criteria not met for any actively communicative code.
- 3-second rule in effect before coding for observation from an actively communicative code.

19 - General Communication

Communication with athletes, assistant coaches, parents or siblings, unrelated to task or performance.

Notes

- Default category when communication does not fit into other conversational categories (e.g. technical instruction, humour etc).
- E.g., talking about school, Olympics, etc.
- Code recipient as athlete, team, or other

20 - Not Engaged

Coach not engaged in practice activities directed at athletes and not directly communicating with athletes.

Notes

- E.g. talking to lifeguards, other pool patrons, etc.

21 - Physical Assistance
Coach helps the athlete into or out of the pool, or helps the athlete with their equipment (e.g., flippers, goggles, etc.)
Notes
- E.g., lifts an athlete out of their wheelchair and into the pool, helps an athlete put their flippers on in the pool, etc.

22 - Keeping Control
Verbal reaction by coach intended to maintain order in response to athlete(s) inattentiveness, disruptive non-task related conduct, etc.
Notes
- E.g., "get back to swimming!", "stop talking!", etc.

23 - Error Technical
Technical negative reaction by coach to an undesirable performance by athlete(s) WITHOUT any corrective information; pointing out mistake.
Notes
- E.g., "you did ___ wrong", "your leg was too low", etc.
- Code as 'technical instruction (with or without) modelling' if directly preceded or followed (3-second rule) by corrective information (i.e., how to fix the mistake)

24 - Negative Evaluation
Non-technical negative reaction by coach to an undesirable performance by athlete(s).
Notes
- Verbal (e.g., "that was terrible", etc.)
- Non-verbal (e.g., shaking head, etc.)
- If non-verbal, must be very obvious communication.

99 - Uncodable
Notes
- To be coded if coach is out of view with no verbal communication detected or microphone cuts out.
- 3-second rule in effect before coding for 'uncodable'.

Athlete Content

Note - No recipient code. Behaviours are either coach or peer-directed.

31 - Technical Talking
Communication discussing task/technique, with athlete providing input/opinion.
Notes

- E.g., "I like that", "why don't we do ___ instead", offering answer to coach's technical question/quiz, etc.
- Can be coded if body language indicates, even if not heard (MUST be very obvious). If in doubt, code as 'general talking'.

32 - Clarification
Communication intended to elicit more information regarding how athlete is expected to perform task/technique.

Notes
- Can be question (e.g., "how do I do that again?", "how many are we doing?", etc.).
- Can also be a statement (e.g., "I don't understand, etc.)

33 - Acknowledgement
Communication intended to confirm that other's communication is understood WITHOUT any other technical information.

Notes
- Verbal (e.g., "ok", "got it", etc.)
- Non-verbal (e.g., thumbs up, nodding, etc.)
- If non-verbal, must be very obvious communication.
- Cannot include any technical talking, clarification, or general talking. Code for each separately, even if they occur in immediate sequence.

34 - General Communication with Athlete
Communication with other athletes.

Notes
- E.g., talking about school, etc.
- Default actively communicative code if coder cannot hear content of interaction between athletes.
- Code for involvement in a conversation whether the athlete is actively talking or listening (i.e. one continuous code for the duration of a conversation where an athlete is speaking or being spoken to).

35 - General Talking with Coach
Communication with coach unrelated to talk or performance.

Notes
- E.g., talking about school, etc.
- Default actively communicative code if coder cannot hear content of interaction between athlete and coach.
- Code for involvement in a conversation whether the athlete is actively talking or listening (i.e. one continuous code for the duration of a conversation where an athlete is speaking or being spoken to).

36 - Engaged

Engaged in practice activities and not directly communicating with peers or coach.

Notes

- E.g., doing drills, resting during assigned rest or break times, moving to new pool location on direction from coach, etc.
- Default code for anytime athlete not actively interacting with coach or other athletes unless actively disrupting practice, ignoring coach instructions, etc. (e.g., code for 'engaged' when coach talking to group, even if athlete may appear to not be looking at coach, unless actively not listening/being disruptive).
- Assumed to be engaged when out of view of camera during a set
- 3-second rule in effect before coding for 'engaged' from an actively communicative code
- Code athletes as 'engaged' if talking to an assistant coach. Do not code the content of that interaction (not the target coach).

37 - Disengaged

Not engaged in practice activities and not directly communicating with peers or coach.

Notes

- E.g., actively disrupting practice, ignoring coach instruction, etc.
- Requires athlete to be in opposition to current practice activity (e.g., code athlete resting during assigned rest period as 'engaged', code athlete chatting on deck after being told get in the pool by coach as 'disengaged').
- Must be very obvious.

66 – Not Codable

Notes

- To be coded if athlete is out of view with no verbal communication detected.
- This is not applicable when athlete is engaged during a set.
- 3-second rule in effect before coding for 'uncodable'