Coding Manual - Quick Reference Sheet

Subject (letters)
z – Coach
t – Team
o – Others (E.g., assistant coaches)
a, b, c,…h – Athletes a, b, c,…h

Coach Content (10's and 20's)
10 – Humour
- E.g., "I'm a poet and I didn't know it"

11 – Positive Reinforcement and Encouragement
- E.g., "good job", thumbs up, etc.

12 – Coach-Initiated Athlete Input
- E.g., " how are you feeling today?", "what stroke would you like to do in this set?", etc.

13 – Technical Instruction with Modelling
- E.g., coach verbally and physically demonstrates catch-up drill, etc.

14 – Technical Instruction

- E.g., "make sure to stay streamlined on this set", etc.

15 - Cues
- E.g., "kick!", "head neutral!", etc.

16 – Inter/Intra-Personal Instruction
- E.g., "you have to set an example for the others", etc.

17 - Organization
- E.g., "now we're doing ___ drill", etc.

18 - Observation
- Default code if coach is engaged in practice but criteria not met for any actively communicative code

19 – General Communication
- E.g., talking about Olympics, school, etc.
- Default code when conversation doesn't fit into other categories

20 – Not Engaged
- E.g., talking to lifeguards, other pool patrons, etc.

21 – Physical Assistance
- E.g., lifts an athlete into the pool, helps put goggles on, etc.

22 – Keeping Control

- E.g., "time to get back to swimming", etc.

23 – Error Technical
- E.g., "you did ___ wrong", etc.

24 – Negative Evaluation
- E.g., "that was terrible", shaking head, etc.

Athlete Content (30's)
31 – Technical Talking
- E.g., "I like that", "why don't we do ___ instead", etc.

32 – Clarification
- E.g., "how many do I have to do?", "I don't understand", etc.

33 - Acknowledgement
- E.g., "got it", nodding, etc.

34 – General Communication with Athlete
- E.g. talking about school, etc.
- Default code if coder cannot hear content of interaction between athletes

35 – General Communication with Coach
- E.g. talking about school, etc.
- Default code if coder cannot hear content of interaction between athlete and coach

36 - Engaged
- E.g., swimming laps, resting during assigned rest periods, etc.
- Default code if not actively interacting with someone and not disengaged
- Assumed to be engaged when out of view during a set

37 - Disengaged
- E.g., actively disrupting practice, ignoring coach, etc.

Notes
- 99 – Uncodable coach
- 66 – Uncodable athlete
- 3-second rule for: 18, 36, 66, 99