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!”

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

17 - Organization
• E.g., “how 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