



Artistic
Swimming
WA

ARTISTIC
SWIMMING
CLUB COACH

COACHING
MENTORSHIP



PURPOSE OF ASWA COACHING MENTORSHIP



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THE PROGRAM AIMS TO SUPPORT COACH DEVELOPMENT IN WA BY FOCUSING ON:

- guidance in lesson preparation,
- support during training session,
- constructive feedback post-session,
- utilizing feedback for ongoing professional development.

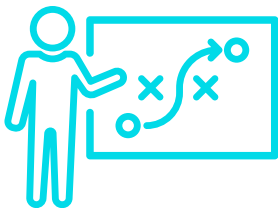


PRE COACH MENTOR VISIT:



LESSON PLAN SUBMISSION:

Club coaches are required to submit their lesson plans to the expert coach before the scheduled observation. The lesson plan should outline the key focus areas for the session and include the coaches' card for the routine to be practiced.

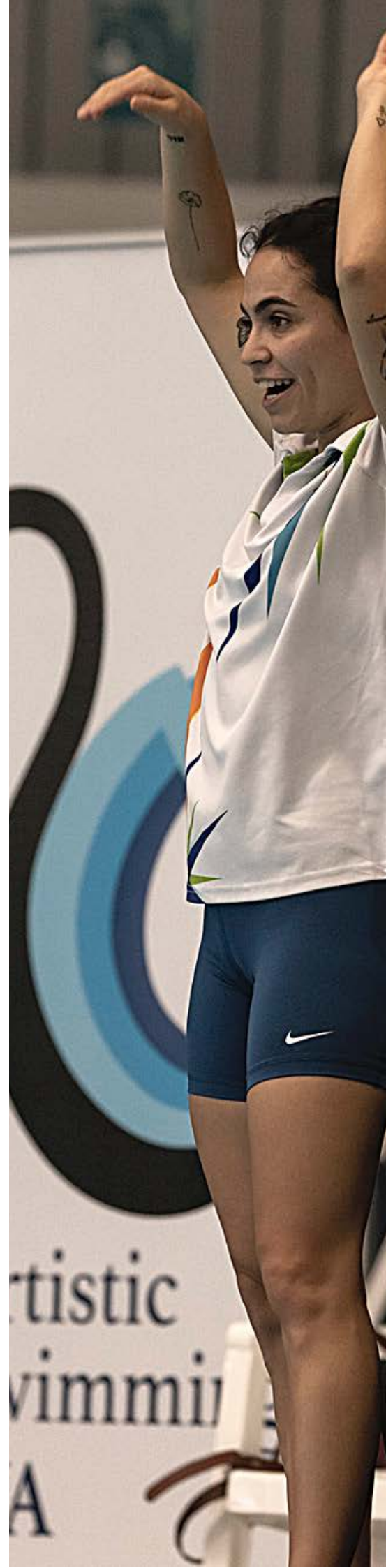


FOCUS AREAS:

Clearly identify one or two target areas within the lesson plan that the club coach wishes to address or improve during the session.



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DURING THE TRAINING SESSION WITH THE MENTOR:



INTRODUCTION OF THE MENTOR COACH

At the beginning of the training session, the club coach will introduce the mentor coach to the athletes. This introduction should highlight the role of the mentor coach as a professional development resource.



TELL THE ATHLETES THE PURPOSE OF THE VISIT:

The club coach should explain to the athletes the purpose of the mentor coach's visit. Emphasize that the mentor coach is there to provide a professional development opportunity for the club coach and will therefore be observing and offering guidance.



ROLE OF THE CLUB COACH:

The club coach will lead the training session, while the mentor coach observes. The mentor coach is there to support the club coach's professional growth and development and not to take the session for the coach.



GUIDANCE AND FEEDBACK TO ATHLETES:

The club coach should communicate to the athletes that the mentor coach may provide direct feedback to the athletes during the session to help them to improve.

POST-TRAINING SESSION:



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DEBRIEF WITH THE MENTOR COACH:

- After the session, the club coach should engage in a brief 10 minute discussion with the mentor coach. This is a valuable opportunity to request constructive feedback and seek guidance on areas for improvement.
- Encourage the club coach to ask any questions they may have regarding the observed session, coaching techniques, or any other relevant topics.



WRITTEN FEEDBACK:

The mentor coach may provide written feedback to the club coach which they could choose to then share with the head coach and club committee. This feedback should highlight strengths, areas for improvement, and any additional recommendations.



ONGOING DEVELOPMENT:



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- Club coaches are encouraged to reflect on the feedback provided by the mentor coach and use it as a tool for continuous improvement. This process is designed to enhance coaching skills and contribute to the overall development of our sport
- We appreciate the commitment of our coaches to professional growth and development. Together, we strive to create an environment that fosters excellence in artistic swimming coaching. Thank you for your dedication and enthusiasm.

