

# A Basic Test for Swim Coaches

A set of sample questions that can provide a focus for discussion .. ideas exchanged are assets gained

## Review Questions

Name: \_\_\_\_\_

This is an open book test

Date: \_\_\_\_\_

**Read carefully** .. answer briefly (and neatly).  
**Time allocation:** Reading Time: 5 minutes; Test Duration: 45 minutes.  
**Total Marks:** 30

While some of the questions are based on specific discussions and course content, they also provide an opportunity to reflect upon various aspects of the task of coaching swimmers.

1. **Complete the following:**

*Hear something and you'll forget it,*

*See something, and you'll \_\_\_\_\_,*

*Do something, and you'll \_\_\_\_\_.* (2)

2. Briefly outline the **four (4) important rules** discussed in relation to **improving swimming efficiency**.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_ (4)

3. **List five (5) aspects** on which you should focus to maximise effectiveness and efficiency in your coaching sessions: e.g. Looking and Listening, ...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_ (5)

General Comments: (you may wish to add further comment .. please feel free to do so)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. **Which of the following best represents the cue sequence used to enhance breaststroke skills?** (circle)
- A Hips – Heels – Kick – Glide – Pull & Breathe.
  - B Kick – Glide – Hips – Heels – Pull & Breathe.
  - C Kick – Glide – Pull & Breathe – Hips – Heels.
  - D Hips – Heels – Kick – Pull & Breathe – Glide.
- (1)

5. **Which of the following represents a key performance factor in freestyle?** (circle)
- A Legs up slowly and extend back quickly.
  - B Little finger first, straight arm recovery.
  - C Continuous kick, toes pointed to the surface.
  - D Long stroke with (relatively) slow arms.
- (1)

6. **What word(s) would you use to communicate “the streamline position”?**
- \_\_\_\_\_ (1)

7. **Why is “consistency” in expressed terminology (coaching / teaching cues) a vital part of effective teaching / coaching?**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (2)

8. **Which of the following should be a primary aim in the improvement of swimming efficiency?** (circle)
- A The swimmer should apply maximum effort in all sessions.
  - B The swimmer should avoid the use of fins.
  - C The swimmer should include hypoxic sets in all training sessions.
  - D The swimmer should endeavour to apply force against the water immediately after hand entry.
- (1)

9. **A productive training session format for an introductory squad might be best structured:** (circle)
- A Dryland Exercises, 20%; Drills, 5%; New Skills, 5%; Races, 30%; Swim, 40%.
  - B Swim, 50%; Kick, 15%; Drills, 15%; Starts, Turns & Finishes, 10%; New Skills, 5%; Fun Activities, 5%.
  - C Warm-Up 10%; Speed Endurance Sets, 35%; Speed Sets, 35%; Fun Activities, 20%.
  - D Swim, 10%; Kick, 40%; New Skills, 30%; Fun Activities, 20%.
- (1)

Comments: \_\_\_\_\_

(3)

10. A **new swimmer** (young: female, 11 years of age) seeks entry to your squad.

**Briefly** outline your response to the request (e.g. questions you might ask of swimmer and/or parent(s), expectations you might have).

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(3)

11. You are coaching a group of 25 swimmers. One swimmer is having a particular problem with a breaststroke drill you are developing with the group. However, you see this problem as a solvable problem.

Outline the **strategies** you would / could / may follow, in relation to this swimmer (and the group).

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(3)

12. (Know Your Sport) In which event did **Susie O'Neill** win a **Gold medal** at the **Sydney Olympics**?

- A 100m Freestyle
- B 200m Butterfly
- C 200m Freestyle
- D 100m Butterfly

(1)



