

## Mindset assessment – Scottish Swimming



Think about the goals you have set with your athletes and the areas you have asked them to work on in training/competition. Use the table below to show how they have responded to developing these areas over the last \_\_\_\_\_ months.

Name		Date				
<b>Your athletes response to CHALLENGES</b>	Are they effort focused and embrace <b>all</b> key challenges with enthusiasm - rather than avoid or lack focus on things they think they are not good at					
	Never	Rarely	Half the time	Most of the time	All the time	
<u>In which of the following areas is the athlete least likely to embrace challenges;</u>						
Technical instruction	Physical training sets	Competition performance	Personal preparation	Other life activities		
<u>Supporting comments</u>						
<b>Your athletes response to SETBACKS</b>	Do they persist following setbacks and see them as a way of learning how to improve - rather than letting setbacks undermine their belief in their ability					
	Never	Rarely	Half the time	Most of the time	All the time	
<u>In which of the following areas is the athlete most like to respond poorly to setbacks;</u>						
Technical instruction	Physical training sets	Competition performance	Personal preparation	Other life activities		
<u>Supporting comments</u>						
<b>Your athletes response to NEGATIVE FEEDBACK</b>	Do they use all forms of feedback to learn how to improve - rather than ignore it and do what they have always done					
	Never	Rarely	Half the time	Most of the time	All the time	
<u>In which of the following areas is the athlete most likely to respond poorly to negative feedback;</u>						
Technical instruction	Physical training sets	Competition performance	Personal preparation	Other life activities		
<u>Supporting comments</u>						
<b>Your athletes approach to taking OWNERSHIP</b>	Do they seek to take ownership of their own development - rather than expect others to be responsible for how things work out					
	Never	Rarely	Half the time	Most of the time	All the time	
<u>In which of the following areas is the athlete least likely to take ownership and personal responsibility;</u>						
Technical instruction	Physical training sets	Competition performance	Personal preparation	Other life activities		
<u>Supporting comments</u>						

## Explanation of Observation Headings:

<b>TECHNICAL INSTRUCTION</b> (stroke technique, starts, turns etc)	<p>How the swimmer behaves in relation to technical development. This incorporates technical teaching and instruction from the coach and willingness to self-implement technical development. All aspects of stroke technique work and racing skills (e.g. Starts, turns, finishes, underwater kick etc) are included.</p>												
<b>PHYSICAL TRAINING SETS</b>	<p>Assess the swimmer's behaviour in terms of the physical requirements of both pool and land training. How do they react to any negative feedback you might provide, do they tackle challenges head on, what happens if they suffer a setback, do they accept responsibility for their performances?</p>												
<b>COMPETITION PERFORMANCES</b>	<p>Rate the swimmers on their 'competition mindset'. Are they always ready for the challenge of racing, how do they react when a performance is poor and the type of feedback you give, and do they take responsibility for their competition swims?</p>												
<b>PERSONAL PREPARATION</b> (readiness to be a swimmer)	<p>What is the swimmer's mindset like in terms of their preparedness to take part in swimming. Do they get themselves ready, do others have to do everything for them, how do they respond when something goes wrong, are they self-motivated, and self-starters etc?</p>												
<b>OTHER LIFE ACTIVITIES</b> (School, Family etc)	<p>Provide an indication of how the swimmer's mindset operates in other areas of their life, e.g. family matters, at school, in other sports or activities they may be involved in.</p>												
<b>CHALLENGE</b>	<table border="1"> <thead> <tr> <th data-bbox="742 392 933 862">Technical</th> <th data-bbox="742 862 933 1310">Physical</th> <th data-bbox="742 1310 933 1758">Competition</th> <th data-bbox="742 1758 933 2157">Personal</th> </tr> </thead> <tbody> <tr> <td data-bbox="845 392 1061 862">           Coach providing a stroke correction e.g. moving from a grab start to a track start, head position on back, fly kicks underwater. Does the swimmer embrace the challenge, give up after one set, day, week or keep at it?         </td> <td data-bbox="845 862 1061 1310">           Swimmer will take on any set given with relish - look forward to the harder sets "can you make them tougher please" or refusal to do, find a way out from doing, low effort         </td> <td data-bbox="845 1310 1061 1758">           High expectations are set - winning, tactical goals, technical goals, making finals, swimming outside the comfort zone - distance event for sprinters or vice versa. Does the swimmer look for a way out - "can I withdraw, I need to save myself, I won't be able to if I don't....." or meet the challenge head on "I'm going to give it everything even though it might not work"         </td> <td data-bbox="845 1758 1061 2157">           Does the swimmer get themselves ready or does mum/dad. Ready to race mentally, ready to go for goals objectives. "Pack your kit yourself, know when I'm swimming, drinks bottle, snacks" or "I can't be bothered, it's too much hassle, my mum will do it"         </td> </tr> <tr> <td data-bbox="614 392 742 862">           Didn't accomplish the task in a session, week, training cycle. Perhaps DQ'd in competition or practice/training doesn't transpire in competition after several instructions         </td> <td data-bbox="614 862 742 1310">           Didn't accomplish the set or failed. "Can I do it again, make it harder, I want to do a better job next time" or "can't do it, it's too hard, I won't try if I have to do it again"         </td> <td data-bbox="614 1310 742 1758">           Didn't go according to plan, goals not achieved, lost, didn't make final. "Positive response "I need to work harder at ....., I could do.....better" or "I'm not doing that again, what a waste of time, it's too hard"         </td> <td data-bbox="614 1758 742 2157">           Warm up finishes early, bottle leaks, goggles snap, entry doesn't appear, miss race. Response to adapt, find alternative, have spares, look forward or it wasn't my fault, I would have if, you told me.....         </td> </tr> </tbody> </table>	Technical	Physical	Competition	Personal	Coach providing a stroke correction e.g. moving from a grab start to a track start, head position on back, fly kicks underwater. Does the swimmer embrace the challenge, give up after one set, day, week or keep at it?	Swimmer will take on any set given with relish - look forward to the harder sets "can you make them tougher please" or refusal to do, find a way out from doing, low effort	High expectations are set - winning, tactical goals, technical goals, making finals, swimming outside the comfort zone - distance event for sprinters or vice versa. Does the swimmer look for a way out - "can I withdraw, I need to save myself, I won't be able to if I don't....." or meet the challenge head on "I'm going to give it everything even though it might not work"	Does the swimmer get themselves ready or does mum/dad. Ready to race mentally, ready to go for goals objectives. "Pack your kit yourself, know when I'm swimming, drinks bottle, snacks" or "I can't be bothered, it's too much hassle, my mum will do it"	Didn't accomplish the task in a session, week, training cycle. Perhaps DQ'd in competition or practice/training doesn't transpire in competition after several instructions	Didn't accomplish the set or failed. "Can I do it again, make it harder, I want to do a better job next time" or "can't do it, it's too hard, I won't try if I have to do it again"	Didn't go according to plan, goals not achieved, lost, didn't make final. "Positive response "I need to work harder at ....., I could do.....better" or "I'm not doing that again, what a waste of time, it's too hard"	Warm up finishes early, bottle leaks, goggles snap, entry doesn't appear, miss race. Response to adapt, find alternative, have spares, look forward or it wasn't my fault, I would have if, you told me.....
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