

Components of Effective Meet Coaching

Component	Description
Examine	Silently observe the performance of the athlete and opponent. Look for (a) opportunities to make strategic adjustments or exploit opponent tendencies, (b) praiseworthy athlete behavior, and (c) potential signs of athlete fatigue.
Encourage	Regularly give praise and support, both for successful performance outcomes (e.g., best times, placement) and quality of performance (i.e., correct skill execution, effort).
Educate	Use athlete performance as teachable moments by providing quick feedback and reminders of important technical and tactical actions during natural breaks in the swim meet. (Be careful to change from a racing mindset to a training mindset)

Managing Momentum Shifts

Triggers of positive momentum	Triggers of negative momentum
<ul style="list-style-type: none"> • Confidence in ability and preparation • Sufficient physical and mental readiness • Positive attitude and body language • High concentration and energy level • Trust in the competition plan • Focus on the process and fundamentals. • Acceptance and letting go of mistakes. • Successful performance • Opponent mistakes or failures • Negative body language of the opponent • Encouragement from others (coaches, teammates, spectators) • Successful tactical adjustments by the coach • Familiarity with the competition environment 	<ul style="list-style-type: none"> • Lack of confidence • Negative thinking and body language • Insufficient physical and mental readiness • Lack of concentration and intensity • Lack of a clear performance plan • Trying too hard, not fulfilling their role • Focused on results and winning. • Performance mistakes or failures • Opponent success • Lack of teammate support • External pressure to succeed (spectators, coaches, media, parents) • Inappropriate or lack of tactical adjustments by the coach • Unfamiliar with the competition environment • Officiating decisions not favorable
Coaching strategies to build or regain positive momentum	
<ul style="list-style-type: none"> • Encourage athletes to visualize successful or positive actions. • Give clear and concise instructions when speaking to athletes during competition. • Provide frequent encouragement and positive reinforcement to all athletes. • Stay alert and make tactical adjustments at the right moments throughout the competition. • Share observations about opponent tendencies and weaknesses with athletes. • Reiterate focus on performance fundamentals and routines (back to basics). • Use trigger words to help athletes stay focused and play with intensity. • Remind athletes about previous successful performance experiences. 	