

# ASSESSMENTS (STARTER)

Swimming NSW  
Technical Forum 2023



# What are assessments in swimming

- Assessments are competency based.
- Defined as application of skills and knowledge to an agreed level.
- Competency relates to what a person can do.
- Standards specify the level of knowledge and skills required and application of the knowledge and skills for effective performance.
- Assessment is the process of collecting evidence and making judgements about whether competency has been achieved
- Assessments are based on an established criteria.

(Learner Guide)

# Levels of Assessment

- \*Talk to someone about becoming a starter
- \*Online Module
- \*Do some starting at Club level – move to Area level
- \*Assessments are competency based (what you can do against a standard)
  
- \*Level 1 (2 competent assessments – leads to suitability for Level 2)
- \*Continue to refine your skills and get more experience
- \*Level 2 (see you at timed finals and heats/finals)
- \*Suitability for Level 3 (Australian assessor)
- \*Level 3 (Australian level – 3 assessments including MC events)

# A Little look at the Assessments

In any assessment will not talk to you about what you are doing during a meet. Discussion after

\*Question – How do you think you performed?



Level 1 and Level 2 Assessment criteria



# Types of Feedback at Level 1 and 2

- \* Come from a teaching background
- \* Approach for an informal assess just ask for feedback
- \* Feedback is where to next
- \* Want to see improvement if assessed again
- \* Opinion – my point of view, from my experience at the time of assessment
- \* Examples – (handout)

# Level 3 Assessments and Protocols

- \* Suitability for Level 3 completed by Australian Assessor
- \* Australian Level – Aust Age, Open??, Short Course (not Trials)
- \* Assessors Panel – Referees (can do Starter and Referee), 2 x Starters, OWS
- \* What assessment looks like? (4 levels) – copies
- \* What protocols look like? (Handout) OR
- \* Web address [technical.swimming.org.au](http://technical.swimming.org.au)

## Level 3 - Types of feedback

- \* Look at some L3 feedback - deidentified
- \* Feedback is where to next
- \* Want to see improvement if assessed again
- \* Opinion – my point of view, from my experience at the time of assessment



# About Feedback

- Don't take as criticism take it as learning and improvement
- When doing assessment - Separate self from knowing you or started with you
- Want to have best starters in NSW, Australia and World
- Biggest assessors of your starting is you, swimmers and audience

# Any Questions



**Where to from here?**