

Prerequisite for enrolment: Must have held SATCS or AUSTSWIM TCS for minimum 6 months

Time investment to complete course: Approx 6 -9 months

Additional corequisites to gain accreditation: WWCC, First Aid (HLTAID003)

Core Modules (must complete ALL)

Child Protection and Integrity modules

Coaches must complete the Swimming Australia Safe Sport course, ASADA Level 1 courses, Play by the Rules Harassment and Discrimination, and Play by the Rules Child Protection courses.

Understanding your swimmers

Coaches will learn the different reasons swimmers are engaged in the sport and how to cater for each individual in their charge .

Coach and swimmer self awareness

Coaches will understand their roles and responsibilities as a coach; develop an awareness of effective coaching styles; create their own personal coaching philosophy and learn how to evaluate their own performance as a coach.

Swimmer engagement

Coaches will learn specific coaching approaches, techniques, tips and teaching and learning methods when working with swimmers across a range of abilities and developmental stages.

Effective stroke development

Coaches will know how to coach swimmers in efficient stroke development of the four competitive strokes, starts, turns and finishes. Coaches will also know how to identify and correct common errors in technique.

Skills and fitness for competition

Coaches will have the skills and knowledge to prepare their swimmers for training and competition, with a focus on physical aspects of development, monitoring performance and progressions and tailoring training to suit swimmers developmental needs.

Program design and management

Coaches will know how to set goals and prepare training plans for swimmers across a range of physical developmental stages, technical abilities, swimming aspirations and psycho-social needs and demands. .

Practical coaching assessment

Coaches must complete a practical coaching session including an assessment with a mentor coach.