

West Midland Swimming Talent Coach Development Programme

2015–2016 Prospectus



Introduction

Welcome to the second year of this regional swimming coach development programme targeted specifically to the unique needs of coaches who are working with 'talented' age group swimmers within the region of the West Midlands.

Coaching is fundamental to ensure swimmers enjoy and excel in their sport. This programme is aimed at supporting and developing coaches in the West Midlands so that swimmers develop their potential to the full, and also coaches gain new skills and approaches to make their sessions effective and enjoyable.

Simon Kirkland
Chair, West Midland Swimming



The ongoing education and development of our coaches is a key priority in our quest to raise the quality of the next generation of high-performance swimmers.

Tim Jones
Head of Performance Pathway,
British Swimming



Who is the Programme aimed at?

- Coaches who are coaching age-group swimmers at a county and regional level
- Coaches who have the enthusiasm and desire for continual professional development
- We will look to recruit up to 10 coaches within the West Midland region.

Aims of the Programme

To provide support and development to:

- expand the knowledge of coaches
- broaden the understanding of coaching
- influence their coaching practice/behaviours to better support the needs of swimmers.

Objectives of the Programme

For coaches to:

- analyse and reflect on their own coaching practice/behaviour to ensure they are meeting the needs of their swimmers and helping to inform their own continual self-development
- own and take responsibility for their own development
- have a greater understanding and knowledge of the physiological, psychological and social requirements of age-group talented swimmers
- develop more effective communication skills and practices
- have increased levels of self-awareness.

Programme Structure

What to expect from the programme

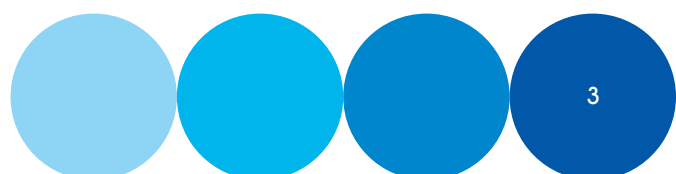
This innovative programme, now in its second year, designed especially for coaches working with talented age-group swimmers, will be a blend of knowledge and skill-based learning delivered through five workshops over a 10-month period, commencing in September 2015.

The programme aims to accelerate the development of these coaches through a technical and non-technical programme.

The programme is currently being designed and will be further refined based on the needs of the successful coaches recruited on to the programme.

The British Swimming World Class/ASA Talent Team has designed, and will deliver, three of the five workshops, and sports coach UK will facilitate the remaining workshops.

In terms of commitment, we expect the coaches to attend all five workshops over the 10-month period and diarise up to three mentoring sessions with their designated mentor.



Mentor Support

Each coach will work with a mentor to facilitate targeted individual development and reflective practice. The mentor will act as a sounding board: someone who will listen impartially to ideas and approaches, enabling the coach to reflect more objectively.

Over the 10-month period, the coach will have access to up to three sessions with their mentor.

We have recruited two highly experienced swimming coaches and mentors to fulfil these roles.

Coach Behaviour Analysis

Each coach will have access to support from the Coaching Analysis Intervention System (CAIS), which enables live and post-session coach behaviour analysis to help them immediately reflect on and develop their behaviour and practice.

CAIS gives user-friendly but highly detailed data about specific coaching behaviours during training sessions and competition.



Club and Coach Criteria

Club is:

- swim21 accredited
- actively supporting the swimming talent pathway within the West Midland Region
- committed to personal and professional development of their coaches.

Coach is:

- a minimum of UKCC Level 2 and aspiring to undertake Level 3
- as a minimum actively coaching county level age-group swimmers
- committed to personal and professional development.

Expectations of Coaches and Clubs

- Coach to disseminate and share information and knowledge within club and network of clubs across the region
- Coach to attend all five workshops over the 10 months, and club to backfill coaching sufficiently. We will attempt to deliver workshops during the week/on weekdays and maybe twilight sessions (5–9pm)
- Coach to have the ability to reflect on own practice
- Willingness to engage and work with mentor and other coaches
- Encourage coaches to 'self-reflect'
- Expected to take an active role in the regional camps and commit to dates.

Next Steps

22 June	Applications open Clubs can nominate up to 2 coaches per club for consideration for the programme
17 July	Applications close
Before 31 July	Selection meeting
By 17 August	Coaches and chairs of clubs notified of decisions
Late September	Introduction and first workshop.



Application Form (to be completed by coach)

Contact details

Name:

Address:

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Telephone numbers:

Email address:

Coaching

Club:

Number of hours coaching per week: Full-time _____ Part-time _____ Voluntary _____

Briefly describe age and stage of development of swimmers you coach:

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Please outline your current coaching role and responsibilities:

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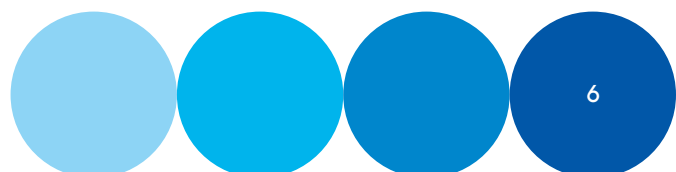
Coaching qualifications obtained:

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Number of years coaching:



Supporting statement (to be completed by coach)

Why do you want to be on this programme, and how do you believe the programme will benefit you?

Supporting statement (to be completed by chair of swimming club)

Please provide information in the space below on why you believe the nominated coach is suitable for this programme:

What happens next

Name of Club Chairman

Signature of Club Chairman

Signature of nominated coach

Please email your completed coach(es) nomination forms to:
Amanda Swan, ASA Club Coordinator
amanda.swan@swimming.org
By no later than 24 July 2015
Any questions, please contact Amanda Swan
Tel: 07800 647 745

