



2015/2016

Coach Development

Aspiring to coach Olympic podium success





Introduction

England Programmes believe that only the best coaches will deliver the best athletes. With this in mind, we seek to provide development opportunities for coaches across all areas of the competitive swimming pathway.

This year, we are running a number of bespoke workshops and events both in the classroom and poolside in order to provide inspiration, motivation and experience for swimming coaches.

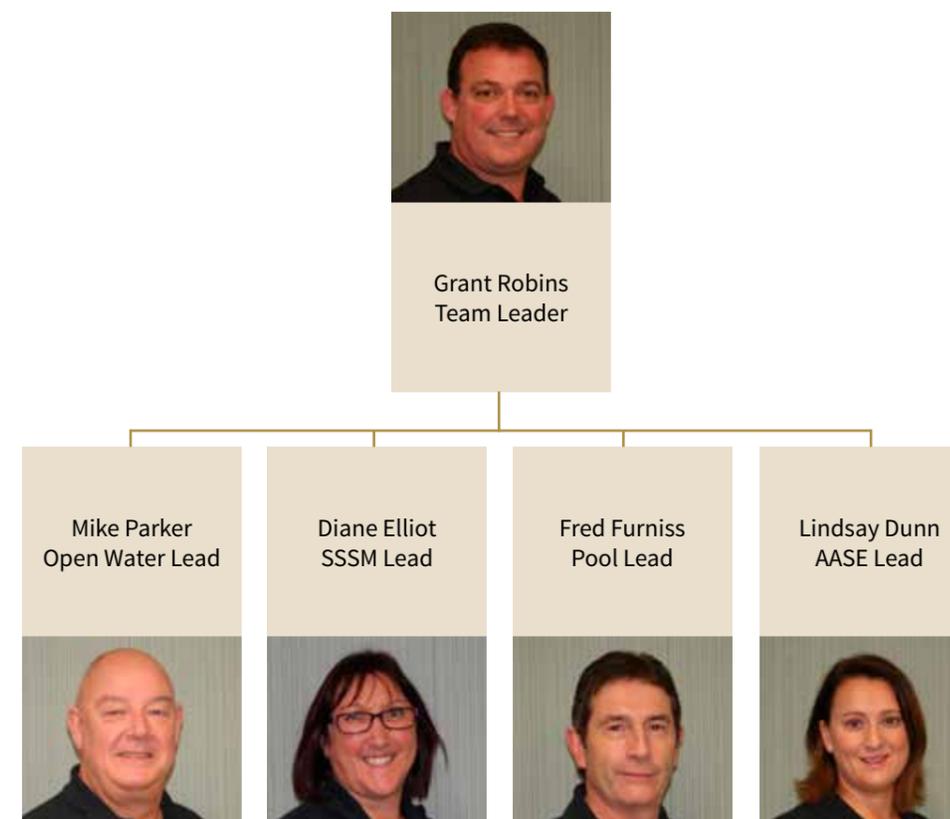
Whether you're involved in age group, youth or senior swimming, if you aspire to coach swimmers who want to achieve international podium success, England Programmes can offer you vital advice, direction and support.

You can find details about our current opportunities inside this booklet, as well as information on how to book or apply.

Our Mission

- To guarantee the delivery of quality coaches onto the British Swimming's World Class team.
- To provide the link between ASA counties, ASA regions and British Swimming to ensure coaches are at the forefront of modern coaching methods.
- To provide development opportunities and mentorship for coaches in England who aspire to coach future international level swimmers.

Team Structure



Workshops and Events

Senior/Youth Performance Coach Workshop

- Three day workshop: 19–21 November 2015
- Link Hotel, Loughborough
- Poolside and classroom learning
- £125 including accommodation and food
- Up to 10 places available.

“I would just like to say that today’s course was excellent. Fred Furniss was brilliant in his presentation.”

Mark Clough

Who is it for?

This workshop is open to coaches who regularly produce swimmers who achieve success at senior or youth nationals.

What will you learn?

You will develop your ability to think and act creatively to increase your swimmers’ performance. You will also learn to ensure that your club programmes continue to produce better professional teams. You will learn how to lead a team of coaches, develop swimmers’ characters and improve your self-reflection skills in order to enhance your future performance.

On completing this workshop, you would be obligated to provide a breakdown of your future CPD requirements. England Programmes would then match your club’s contribution towards CPD opportunities for one year, up to the value of £500.

How to book:

You can apply for a place on this course by contacting one of the England Programmes officers or by completing the expression of interest form at the end of this booklet.

Age Group Coach Workshop

- Three day workshop: 19–21 November 2015
- Link Hotel, Loughborough
- Poolside and classroom learning
- £100 including accommodation and food
- Up to 20 places available.

“I felt the workshop was hugely beneficial, allowing candidates to direct the content through seminar-style classroom interaction along with vital poolside experience with the country’s leading coaches.”

Michael Glossop

Who is it for?

You will be an age group coach with the desire to get swimmers to perform at the highest level.

What will you learn?

This workshop aims to give you the tools you’ll need to coach and inspire swimmers within an age group context. You will improve your abilities in areas such as skill acquisition, physical preparation, nutrition, sport psychology, club management, strength and conditioning, pathways and profiling. You will also increase your understanding of the process-driven coaching culture and enhance your knowledge of the transition from age group to youth athletes. This workshop will give you the opportunity to learn from and listen to some of the country’s best coaches and sports practitioners. You would explore and discuss the latest coaching and management methods, enabling you to develop your own methods for the future.

How to book:

You can apply for a place on this course by contacting one of the England Programmes officers or by completing the expression of interest form at the end of this booklet.

Coach Development Symposium

- One day conference: 15 November 2015
- Millfield School, Somerset
- Poolside and classroom learning
- £10 including lunch
- Up to 150 places available.

“I battle every now and then with my own confidence, but listening to you makes me realise I am on the right track to being the kind of teacher I want to be.”

Sarah Harvey

Who is it for?

The day is aimed at coaches who consistently produce athletes at regional and national age group competitions.

What will you learn?

The aim of the symposium is to engage with the broader coaching workforce to provide information, create networks and communicate the pathway for coach development. You will undertake practical water-based and land-based activities to learn more about the key technical components of each of the four strokes as well as enhancing your understanding of some commonly observed faults and their simple corrective strategies. This will lead to improvements in coaching practices at the early stages of the athlete pathway.

How to book:

Coaches with swimmers selected on to England Programmes’ swim camps will receive an invitation in September 2015. Other coaches are welcome and you can apply for a place on this course by contacting one of the England Programmes Officers or by completing the expression of interest form at the end of this booklet.

Advance to First Race

- One day workshop: 6 March 2016
- Radisson Blu Hotel, East Midlands Airport
- Classroom learning
- £10 including lunch
- Up to 150 places available.

“This is a great opportunity for teachers and coaches to learn how to unlock the potential of young swimmers”

Grant Robins

Who is it for?

This workshop is aimed at coaches who progress swimmers from the Learn to Swim programme to club swimming.

What will you learn?

The purpose of this workshop is to introduce you to the essential skills required by young swimmers to enable them to maximise their techniques for future potential in the sport. Key swimming skills and components will be discussed and shown to you throughout the day. These skills have been identified as potential ‘champion-makers’ for our swimmers. Discussions, videos and progressive practices linked to British Swimming’s National Development Syllabus and stages 8, 9 and 10 of the ASA’s Learn to Swim framework will help you to develop advanced swimmers.

You will have the opportunity to learn from some of our top coaches, share best practice and network with other like-minded individuals.

How to book:

You can apply for a place on this course by contacting one of the England Programmes Officers or by completing the expression of interest form at the end of this booklet.

Physiotherapy or Strength and Conditioning Conference

- Physiotherapy – one day conference: 13 March 2016
- Strength and Conditioning – one day conference: 13 March 2016
- Radisson Blu Hotel, East Midlands Airport
- Classroom and practical learning
- £10 including lunch
- Up to 75 places available per day.

“It was a very informative day where we were updated with current practice and had the chance to meet and develop links with physios within swimming.”

Leanne Stafford

Who is it for?

These conferences are aimed at physiotherapy or strength and conditioning staff who are currently working with ASA registered swimming clubs. You will be highly motivated with a desire to improve the level of competitive swimmers across your local area. You currently, or wish to in the future, support local clubs and coaches and have personal aspirations to progress through the Sports Science and Sports Medicine pathway to World Class.

What will you learn?

The conferences will cover a variety of themes and you will learn more about topics such as national swimming specific testing protocols and corrective techniques and exercises as well as providing an update on British Swimming’s research and development projects.

How to book:

Places on this course are by nomination from your club coach who will need to contact Diane Elliot on diane.elliott@swimming.org. Support staff on the England Programmes database will be contacted directly to be offered a place.

All of our coach development events have the backing of British Swimming, ASA, Sports Coach UK and Sport England. We are committed to bringing cutting edge philosophies, techniques and technology to enhance our development opportunities.

Expression of Interest Form

Name: _____ Club: _____

Years coaching/involved in swimming: _____

Please indicate which workshop you are interested in:

Senior/Youth Performance Coach Workshop	Age Group Coach Workshop	Coach Development Symposium	Advance to First Race	Physiotherapy Conference	Strength and Conditioning Conference
19–21 Nov 2015	19–21 Nov 2015	15 Nov 2015	6 Mar 2016	13 Mar 2016	13 Mar 2016

For the Senior/Youth Performance Coach Workshop and the Age Group Coach Workshop, please tell us why you want to attend and what you are hoping to learn:

This form should be scanned and sent to swimmingtalent@swimming.org or sent via post to: England Programmes Swimming, Pavilion 3, SportPark, Oakwood Drive, Loughborough University LE11 3QF



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