



Swimming Teacher/Coach Training

North East Region



Training facilitated by the Institute of Swimming,
the training and development arm of the Amateur Swimming Association

Swim North East Region

Northumberland & Durham



Yorkshire



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TRAINING COURSES

www.swimnortheast.org.uk



Booking Information

For courses

ASA/UKCC COURSE APPLICATION
Katie Fensome, 35 Granby Street,
Loughborough. LE11 3DU

For IOS seminars (only)

IOS SEMINAR APPLICATION
Vikki Newbon, 18 Derby Square,
Loughborough. LE11 5AL

FOR ASA/sCUK Safeguarding and Protecting children workshops (only)

IOS APPLICATION FOR scUK WORKSHOP
Lesley Burton, 35 Granby Street,
Loughborough. LE11 3DU

NOTE: Courses held at Benfield School, Newcastle upon Tyne benefit from funding from Learning & Skills Council. This means a different application form is used which is available from the Education Officer fiorna.cairnssmith@swimming.org

Checking availability

The status of a course/seminar is listed in the course/seminar information, for further information contact:

Courses,	please contact Katie Fensome	katie.fensome@swimming.org	01509 615444
CPD seminars,	please contact Vikki Newbon	seminars@swimming.org	01509 618752

Invoicing

If your company/club is paying for a course or seminar, please send an official purchase order with the application.

Booking cut off date

All IOS courses and seminars must be booked **10 days in advance** of the start. This is to allow time to process applications. Any applications submitted after this date will not be accepted or will be subject to an administration fee of £5.00.

Swim21 & Licensing vouchers and other discounts

Free CPD Seminar vouchers are issued though gaining your licence or though your club. To use a voucher, please send it in with your application form stating the voucher number in the correct field. For all other discounts and promotions please state the discount/promo code in the "Swim21/Licence Voucher Number" field on the application form

Cancellations

Course/seminar fees may be refunded only in the event of illness/injury. Please put all requests in writing to the course/seminar contact listed and please attach a Doctors certificate. Courses/seminars may be cancelled if there are insufficient enrolments. If the course is cancelled a full refund will be issued.

For more information email North East Education Officer
fiorna.cairnssmith@swimming.org or visit www.swimnortheast.org.uk

TRAINING COURSES

www.swimnortheast.org.uk



Who are the ASA and the Institute of Swimming?

The ASA is the national governing body for swimming, diving, open water swimming, synchronised swimming and water polo in England.

In order to comply with national education and training standards the ASA has developed two separate and independent arms –



ASA Awarding Body

Our flexible delivery network provides access to courses covering a range of abilities and aspirations - whether you have just begun to think about becoming a teacher/coach or are already a seasoned professional, there is sure to be a course or seminar to suit your needs. Instrumental in delivering the programme of courses and seminars are a team of Education Officers who are involved in the planning, delivery and quality assurance within their region.



Institute of Swimming (IoS)

The IoS is an approved training provider, like a school or college, and is part of the network of ASA Awarding Body Approved Centres. The IoS is the ASA's preferred training provider and delivers a comprehensive programme of quality approved courses and seminars throughout the UK.

Once you have successfully attended a certificated course and become qualified you may apply to become a member of the Institute of Swimming. As well as providing the opportunity to participate in Continuing Professional Development (CPD) seminars, membership has many benefits, such as insurance cover, advice on all aspects of legal, technical and employment matters and of course a collective identity evidenced by the use of designated letters after the member's name.

For more information email North East Education Officer
fiorna.cairnsmith@swimming.org or visit www.swimnortheast.org.uk

Becoming a Swimming Teacher/Coach

Do you enjoy teaching your children to swim? Perhaps you have been informally coaching a friend on how to improve their technique. Or maybe you would just like to try something new and have aspirations for a future career change. In any case, becoming a swimming teacher or coach can be an extremely rewarding vocation. So how do you go about it...? Look no further than this easy guide to gaining an ASA qualification.

First Steps

First of all you must choose your discipline. Qualifications and courses include

Teaching Aquatics

Teaching swimming to adults and children from non swimmers to competent ability.

Swimming Coaching

Coaching swimming in a club environment to competent swimmers and beyond

Coaching Water Polo

Coaching water polo, to competent players and beyond

Coaching Synchronised Swimming

Coaching synchronised swimming, to competent swimmers and beyond

Coaching Diving

Coaching Diving from poolside to high boards, to competent divers and beyond

Qualifications have been developed by the ASA to meet [UK Coaching Certificate](#) (UKCC) standards and currently range from Levels 1-3, with Level 4 under development.

Start at the beginning

The first qualification you require for any discipline is the ASA Level 1 Certificate. If successful at Level 1 you can then proceed to Level 2. Both these levels focus on 'how to coach' and 'what to coach'.

The holder of an ASA Level 1 Certificate is qualified to teach/coach in a support role. You will be able to actively support a more senior qualified or licensed teacher/coach, in the delivery of a pre-prepared session. You will be expected to have an understanding of the aquatic environment and a basic understanding of appropriate corrections to common faults (specific to the discipline).

Independent working

To work with your own group without supervision (other than life guarding cover) you will be required to hold an ASA Level 2 Certificate.

The holder of the ASA Level 2 Certificate for Teaching Aquatics will be equipped to plan, deliver and evaluate a series of consecutive sessions within the context of a self-prepared scheme of work. The holder of the Level 2 Certificate for Coaching (Diving, Swimming, Synchronised Swimming and Water Polo), will be able to plan, deliver and evaluate a series of consecutive sessions within the context of a macro cycle prepared by a senior/licensed coach.

Onwards and upwards

If you are interested in the coaching programme in a competitive environment, the ASA Level 3 Certificate is the route to becoming a senior coach. It will enable you to plan, implement, analyse and revise annual coaching programmes to really get the most out of your athletes. You will be able to manage and lead appropriate physical and human resources to support all areas of the club programme. The ASA Level 4 Certificate for Coaching is currently being developed. This will enable you to enhance your knowledge and skills and coach competitive athletes at the highest level.

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Existing Teacher & Coaches

If you are an existing Teacher or Coach and want to progress your skills and qualifications further you have a number of options

Continuing Professional Development (CPD) Seminars

The IOS has developed a number of seminars and workshops that have been designed to give teachers and coaches more ideas for teaching or coaching sessions and highlight new ways of thinking. They range from new ways of teaching frontcrawl to coaching land-based sessions for divers. A list of upcoming seminars in London can be found [further on in this pack](#)

Further Qualifications

If you would like to progress your qualifications and undertake the next level of qualification or diversify your skill to teaching/coaching another discipline, then please use the [chart of the following page](#) to find out the pathway you need to take.

Teacher / Coach Licensing

The Teacher/ Coach licence is an accreditation following the achievement of an ASA teacher/coach qualification or equivalent. Teacher & coaches are invited to apply subject to meeting a number of specified criteria. The licence is valid for a three-year period and is renewed subject to the holder meeting additional specified criteria. The criteria are based upon accepted best practise but do not include a requirement for re-assessment. Whilst the licence requires the licensee to keep up to date, teaching and coaching quality will remain the responsibility of the employer, the club and the individual. The IOS recommends that all Teachers & Coaches apply for and maintain a licence.

For more information on teacher coach licensing visit www.britishswimming.org

Insurance

The IOS offers membership to all holders of ASA, STA and/or RLSS UK Teachers and Coaches Certificates in all disciplines of the sport. The benefits of an IOS Membership include:

Insurance: Civil and Public Liability Insurance, Personal Accident Insurance, Loss of Income Insurance, and Corporate Insurance.

Employment opportunities: Your details can be listed on the Institute's directory of qualified swimming teachers and coaches, which is available to local authorities, pool operators, LEAs and swimming clubs.

Swimming Times magazine: all members automatically receive Swimming Times magazine every month.

Discounts: members get discount prices on a number of IOS seminars and workshops and a range of discounts on swimming publications, equipment and services (including 10% discount on items purchased from Swimrite mail order catalogue)

For more information on becoming an IOS member please visit www.britishswimming.org

Just staying qualified

You not have to do anything extra to stay qualified; all current and past qualifications will remain valid. However it is recommended that all Teachers & Coaches apply for and maintain an ASA Licence. For more information on teacher coach licensing visit www.britishswimming.org

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Qualifications Pathway

If you would like to progress your qualifications, below is the recommended pathway.

For a more comprehensive recommendation of the best next step for you please visit www.britishswimming.org or contact your [Education officer](#)

I Currently Hold	The Next Step is to either;		
	Aquatic Teaching	Swimming Coaching	Coaching Other Disciplines (Synchronised Swimming, Water Polo, Diving)
No Qualification	ASA/UKCC Level 1 Teaching Aquatics – Units 1 & 2	ASA/UKCC Level 1 Coaching Swimming - Units 1 & 2	ASA/UKCC Level 1 Coaching (Discipline) - Units 1 & 2
ASA Level 1 (Assistant) Teaching Swimming	ASA/UKCC Level 2 Teaching Aquatics Units 1 – 6 (All)	ASA/UKCC Level 1 Coaching Swimming (To achieve this you only need to pass Unit 2 in Coaching Swimming)	ASA/UKCC Level 1 Coaching (Discipline) (To achieve this you only need to pass Unit 2 in the chosen discipline)
ASA Level 2 (Teacher) Swimming (Units 1-3)	ASA/UKCC Level 2 Teaching Aquatics Units 1-6 (All) OR ASA Adult & Child OR ASA Level 3 Teaching Aquatic (Available April 2008)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the coaching swimming) Then ASA/UKCC Level 2 Coaching swimming Units 1-6 (All)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the chosen discipline) Then ASA/UKCC Level 2 Coaching (chosen discipline) Units 1-6 (All)
ASA Level 2 (Teacher) Swimming (Units 1-4)	ASA Level 3 Teaching Aquatics (Available April 2008) OR ASA Adult and Child OR ASA/UKCC Level 2 Teaching Aquatics – Units 1-6	ASA/UKCC Level 2 Coaching Swimming Units 1-6 (All) OR With an acceptable CV of Current Competency candidates may progress directly to the ASA/UKCC Level 3 Coaching (Swimming only) Units 1 –11 (All)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the chosen discipline) Then ASA/UKCC Level 2 Coaching (chosen discipline) Units 1-6 (All)
ASA Level 3 Club Coach	ASA/UKCC Level 3 Teaching Aquatics (Available April 2008)	ASA/UKCC Level 3 Senior Coach (Swimming only) Units 1- 11 (All)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the chosen discipline) Then ASA/UKCC Level 2 Coaching (chosen discipline) Unit 4 - 6

for more information on all training courses visit
www.britishswimming.org and www.swimnortheast.org.uk

ASA/UKCC Courses & Programmes

ASA/UKCC LEVEL 1

All qualifications at this level are made up of 2 Units.

Unit 1 is a common unit to all of the aquatic strands and Unit 2 focus on the specific aquatic strands

Pre-requisites: Minimum age 16 years old

Unit 1 - Core unit

The Level 1 Swimming Support Teacher/Coach sits as the first formally assessed qualification on the coaching qualifications pathway. Unit 1 is a common unit to all of the aquatic strands and has a focus on “how to coach” skills with a technical emphasis on movement literacy as defined by Long Term Athlete Development. It is envisaged that this unit can be delivered to all coaches who wish to work in the aquatic environment.

Unit 2 - Teaching Aquatics

Unit 2 has a focus on Aquatic teaching, technical knowledge and practical skills that will allow the aquatic teacher to actively **support** a more senior qualified / licensed aquatic teacher at any level, in the delivery of a pre-prepared session. This person will be expected to have an understanding of the aquatic and a basic understanding of appropriate correction to common aquatic faults.

Unit 2 - Coaching Swimming

Unit 2 has a focus on swimming coaching, technical knowledge and practical skills that will allow the coach to actively **support** a more senior qualified / licensed swimming coach at any level, in the delivery of a pre-prepared session.

Unit 2 - Coaching Synchronized Swimming

Unit 2 has a focus on synchronised swimming coaching, technical knowledge and practical skills that will allow the coach to actively **support** a more senior qualified / licensed synchronised swimming coach at any level, in the delivery of a pre-prepared session. This person will be expected to have an understanding of the sport and a basic understanding of how to utilise a checklist to identify common faults

Unit 2 - Coaching Water Polo

Unit 2 has a focus on water polo coaching, technical knowledge and practical skills that will allow the coach to actively **support** a more senior qualified / licensed water polo coach at any level, in the delivery of a pre-prepared session. They will investigate the specialist nature of the sport of water polo whilst gaining on understanding of appropriate corrections to common faults, they will also deliver a five minute ‘mini polo!’ game as part of a pre planned session. This person will be expected to use this understanding in a controlled and supervised environment. They can support across any ability or age range.

Unit 2 - Coaching Diving

Unit 2 has a focus on diving coaching, technical knowledge and practical skills that will allow the coach to actively **support** a more senior qualified / licensed diving coach at any level, in the delivery of a pre-prepared session. This person will be expected to have an understanding of the sport and a basic understanding of appropriate corrections to common faults in all group 1-4 dives, posture, take off and entry.

ASA/UKCC LEVEL 2

All qualifications at this level are made up of 6 Units.

Units 1- 3 are common unit to all of the aquatic strands and Unit 4-6 focus on the specific aquatic strands

Pre-requisites: Candidates must be at least 18 years of age at the start of the course; be holders of the ASA/UKCC Level 1 Certificate for the particular aquatic strand or gained exemption prior to the course from the ASA.

Unit 1 – 3 - Core units

The Level 2 Swimming Coach sits as the second formally assessed qualification on the Coaching qualifications pathway. Units 1-3 are common units to all of the Aquatic Strands and has a focus on “how to coach” skills. It is envisaged that these units can be delivered to all coaches who wish to work in the Aquatic environment.

Unit 4 – 6 - Teaching Aquatics

Units 4 - 6 are focused on Teaching Aquatics, covering a range of technical knowledge and practical skills that will allow the teacher to plan, deliver and evaluate a series of consecutive sessions within the context of a self prepared scheme of work.

Unit 4 – 6 - Coaching Swimming

Units 4-6 have their focus on swimming coaching technical knowledge and practical skills that will allow the coach to plan, deliver and evaluate a series of six consecutive sessions within the context of a macro cycle prepared by a senior/licensed coach.

Unit 4 – 6 - Coaching Synchronized Swimming

Under development

Unit 4 – 6 - Coaching Water Polo

Units 4 - 6 have their focus on water polo coaching technical knowledge and practical skills that will allow the coach to plan, deliver and evaluate a series of six consecutive sessions within the context of a macro cycle prepared by a senior/licensed coach.

Unit 4 – 6 - Coaching Diving

Units 4 - 6 have their focus on diving coaching technical knowledge and practical skills that will allow the coach to plan, deliver and evaluate a series of six consecutive sessions within the context of a macro cycle prepared by a senior/licensed coach.



EXCELLENCE IN SPORTS COACHING

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ASA/UKCC LEVEL 3

All qualifications at this level are made up of 11 Units.

Units 1- 6 are common unit to all of the aquatic strands and Unit 7- 11 focus on the specific aquatic strands

Pre-requisite: Minimum Age 18 years old. Hold the ASA/UKCC Level 2 Coaching Swimming (or Level 2 Certificate for Teaching (Units 1 - 4) plus CV, coaching experience and references to be sent with application or Club Coach Certificate) or gained exemption. Candidates must hold an ASA Level 2 Teacher/Coach Licence.

Unit 1 – 6 - Core units

The Level 3 Swimming Coach is the third formally assessed qualification on the Coaching qualifications pathway. This qualification will be delivered as a Programme, which will consist of 11 stand-alone units. Units 1-6 are common units to all of the Aquatic Strands and has a focus on “how to coach” skills.

Unit 7 – 11 - Teaching Aquatics

Under development

Unit 7 – 11 - Coaching Swimming

Units 7-11 focus on swimming coaching, technical knowledge and practical skills that will allow the coach to plan, deliver and evaluate a macrocycle of work. The Level 3 coach will be able to manage and lead all areas of the club programme within a Swim21 Club. It will be necessary to liaise closely with your club and agreement by the club is an essential requirement prior to acceptance onto the program.

Unit 7 – 11 - Coaching Synchronized Swimming

Under development

Unit 7 – 11 - Coaching Water Polo

Under development

Unit 7 – 11 - Coaching Diving

Under development

Total programme cost: £1,800.00 (unit 1 – 10 are £125.00 each and unit 11 is £450.00)

Upcoming units: For details on upcoming units please visit www.britishswimming.org

For more information please contact

IOS Level 3 Co-ordinator, Workforce Development 35 Granby Street, Loughborough Leicestershire. LE11 3DU
01509 615464 ios.delivery@swimming.org

for more information on all training courses visit
www.britishswimming.org and www.swimnortheast.org.uk

Changes to the National Plan for Teaching Swimming

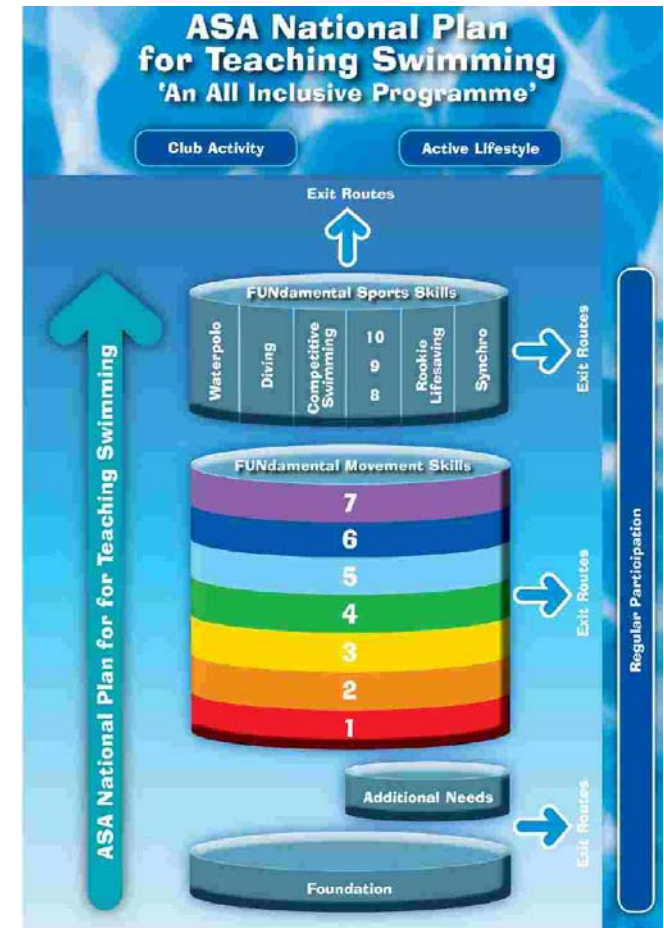
The National Plan for Teaching Swimming (NPTS) has recently been revised. The newly revised NPTS 2007 is in line with the current thinking on moving the sport forwards and underpinned throughout by Long Term Athlete Development (LTAD) principles with clear progression between each stage. It will fully encompass all aquatic disciplines and RLSS Rookie Lifesaving.

The 'swimmer pathway' resulting from the revised syllabus will provide more opportunity and variety as well as a smooth progressive structure. This in turn will provide potential for improved retention of swimmers at the top end of a learn to swim scheme and provide a clear link into specialist club scenarios.

Supporting the newly revised National Plan for Teaching Swimming, a number of CPD Seminars have been developed enable Swimming Teachers to understand the philosophy and background theory to delivering the programme.

National Plan For Teaching Swimming CPD Seminars

TITLE	AIMED AT	DESCRIPTION
Overview	Level 2 Swimming Teachers Swimming Co-ordinators Head Swimming Teachers	This seminar will provide an insight into the philosophy, and synergy with other aquatic routes and a clear understanding of how the NPTS programme has been developed. This CPD 'sets the scene' it is designed to equip Swimming Teachers with ideas, which will facilitate their understanding, and so acting as a pre-requisite to viewing/purchasing the NPTS resources.
FUNDamentals	Level 2 Swimming Teachers	This seminar will provide the teacher with an understanding of the basics of LTAD and the use of FUNDamentals and games to deliver FUN and innovative swimming lessons.
AquaFUN (Synchronised Swimming)	Level 2 Swimming Teachers	An Introduction to Synchronised Swimming. Leading from basic skills to the development of a programme and enables the teacher to deliver NPTS Stages 8, 9 & 10 Synchro.
Mini-polo (Water polo)	Level 2 Swimming Teachers	This seminar provides you the skills to deliver mini polo (a basic version of water polo) and enables the teacher to deliver NPTS Stages 8, 9 & 10 Water Polo
Flip n Fun (Diving)	Level 2 Swimming Teachers	This seminar will provide you will the technical knowledge to deliver FUNDamental diving skills from the poolside. You will learn basic diving positions, dry land practices and key teaching points. It enables the teacher to deliver NPTS Stages 8, 9 & 10 Diving
Competitive Swimming	Level 2 Swimming Teachers	This seminar enables the teacher to deliver NPTS Stages 8, 9 & 10 Competitive Swimming



For more information on the National Plan for Teaching Swimming visit www.britishswimming.org or email npts@swimming.org

AQUATIC FITNESS ENDORSED TRAINING AWARDS

Exercise in water is commonly acknowledged as a widely accessible activity that provides good cardio vascular and muscular exercise for all with minimal risk of injury. As well as being one of the top activities to help achieve the Government's recommendation to exercise five times a week, swimming and water-based workouts are being recognised by elite sportsmen and women as a means of complementing their training, regeneration and rehabilitation.

We are pleased to introduce a new strand of endorsed awards in aquatic fitness, developed in collaboration with the Register of Exercise Professionals (REPs) and experts in the fitness and swimming industries.

Divided into four distinct categories:

- Aqua Fit
- Aqua Circuits
- Aqua Jogging
- Fitness Swimming



All awards are mapped to SkillsActive's new National Occupational Standards for instructing exercise and fitness.

The training is a series of REPs endorsed modules, each of which are worth 16 Continuing Professional Development (CPD) points. They will enable Level 2 Exercise and Fitness professionals to increase their knowledge of aquatic exercise and thereby improve the level of service offered to their customers.

Candidates who have completed the training will be qualified to deliver the specific strand selected in a group setting. The Institute of Swimming is currently the only centre approved by REPs to deliver these training modules.

When the modules are available to study they will be advertised on the online listing of courses, [click here](#) to view the current listing.

For queries please email aquatic.fitness@swimming.org Further information can be found britishswimming.org : [Aquatic Fitness Endorsed Training Awards](#)