

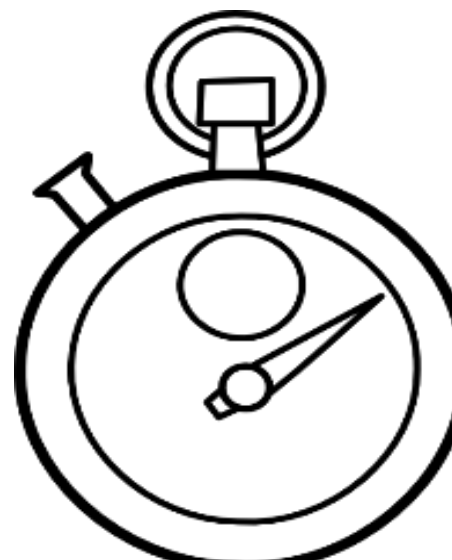
Advanced Course Workshops

PRESENTED BY
GARY TONER & DREW MCGREGOR

SATURDAY, 25 & SUNDAY, 25 AUGUST 2019

MORETON BAY COLLEGE

450 WONDALL RD, MANLY WEST, BRISBANE



Workshop Details

Saturday, 24 August

9:30am-1:30pm	Planning for Success	Gary Toner
2:00-6:00pm	Stroke Theory, Technique and Biomechanics	Drew McGregor

Sunday, 25 August

8:30am-12:30pm	Talent ID and Development	Drew McGregor
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Advanced Course/Workshop Registration

Register Here

- Follow link above and select the Advance course
- Read through the course details
- [Login](#) to Swim Central
- Go to **Shopping**
- Search for **Advanced Coaching Course enrolment**
- If your Coaching ID is out of date, please contact learning.coaches@swimming.org.au

Please note;

1. Full enrolment in the Advanced Coaching Course is required to attend any of the workshops
2. The elearning module for the units you are attending must be completed before attendance at the workshops
3. Candidates must complete all Advanced Course Core Workshops to finish the course

Additional Details

Course Outline

About this coach

- Successful Advanced Coaches bring out each swimmers ability by identifying individual needs and planning and implementing suitable training programs based on individual swimmer needs. They implement support systems that develop the individual swimmers physical and psychological fitness and maximises their performance.

Coaching ethos

- Advanced Coaches have an in-depth understanding of the skills, tactics and strategies required and focus on skill development and decision making in a competitive environment. They help their swimmers develop a wider sense of sporting ethics and nurture a love of competition while also encouraging a life-long love of the sport.

Learning focus

- The Swimming Australia Advanced Coaching Course focuses on continuous improvement in coaching skill, education and promotion of participation in competitive swimming at regional, state and national age competitions.

Pre-requisite for enrolment

- Before coaches can enrol in the Advanced Course, they must have held Development Accreditation for a minimum of 12 months.

Course structure

- The Advanced Coaching Course consists of 7 online modules, online assessments, submission of assignments tasks, several face to face workshops, and practical coaching hours under a Mentor. The full course will take 9-12 months to complete all requirements.

Accreditation requirements

To achieve Advanced Accreditation, you'll need to upload the following document evidence to Swim Central:

- Statement of Attainment for the Advanced Coaching Course
- current Working With Children Check
- current First Aid qualification (HLTAID003) and CPR (HLTAID001)
- completion of [Swimming Australia Safe Sport module](#)
- completion of [ASADA Level 1, Level 2 and Coaches Course modules](#)
- completion of [Matchfixing course](#)
- current ASCTA membership

Stroke Theory, Technique and Biomechanics

In this module we will explore the fundamental biomechanics principles and how they apply to swimming; how to analyse and improve stroke technique in advanced swimmers; Competition analysis terminology; How to implement biomechanics in the daily training environments; and how to incorporate biomechanics into the weekly training plan to facilitate skill learning.

This unit includes a face to face workshops component. The elearning for this module must be completed prior to attendance at the workshop.

Planning for Success

The primary aim of this module is to provide Advanced Coaches with the planning skills and knowledge to design a program for each individual within the squad or team. It includes goal setting, needs analysis, program components and sequencing, resourcing and information systems.

This unit includes a face to face workshops component. The elearning for this module must be completed prior to attendance at the workshop.

Talent ID and Development

The primary aim of the module is to provide information coaches need to identify and develop potential swimmers to perform at elite competition level. It includes talent identification, talent development and evaluating the effectiveness of talent identification and development program.

This unit includes a face to face workshops component. The elearning for this module must be completed prior to attendance at the workshop.