

Pre-requisite: Must have held Development Accreditation for minimum 12 months

Time investment to complete course: Approx 9 -12 months

Requirements to gain accreditation: WWCC, First Aid HLTAID003, CPR HLTAID001 ASCTA membership

Core Modules (must complete ALL)

Child Protection and Integrity modules
(online modules)

Coaches must complete the Swimming Australia Safe Sport course, ASADA Level 1 and 2 courses, ASADA Coaching Course and the NISU Anti-Corruption and Matchfixing course

Effective Communication
(online module)

Coaches will have a range of communication skills to negotiate and interact effectively with different personality styles and needs within the squad, team or support personnel.

Sports Science Foundations
(online module)

Coaches will understand the sport science fundamentals that underpin successful performance swimming.

Swimmer Characteristics and Development
(online module)

Coaches will understand the specific needs and characteristics of swimmers at different development stages.

Stroke Theory, Technique and Biomechanics
(online module plus Face to Face workshop)

Coaches will know how to analyse and improve stroke technique in performance swimmers.

Planning For Success
(online module plus Face to Face workshop)

Coaches will be able to plan a path for performance swimmer progression, including individual variations, specific needs and all training phases and performance targets.

Talent ID & Development
(online module plus Face to Face workshop plus attendance at regional or state Coach/Athlete Development activity)

Coaches will have the skills and knowledge to implement and evaluate a talent identification system for swimmers.

Practical Coaching experience

Coaches must complete 100 hours practical coaching, over a minimum of 3 months, under supervision from a Mentor

Elective Modules (must choose ONE)

Swimmer Welfare
(online module)

Coaches will know what information and support to provide to performance swimmers in and out of the water.

Performance Coaching Principles
(online module)

Coaches will understand the fundamentals of sports coaching pedagogy that underpin successful performance coaching.

Coaching in a Performance Environment
(online module plus Face to Face workshop)

Coaches will have the skills and knowledge to successfully manage the demands of being a professional coach in a performance environment.

Coaching as a Collaborative Team
(online module)

Coaches will know how they can improve the relationships they have with parents, colleagues and other coaches.

Instructing Others
(online module plus Face to Face workshop)

Coaches with a development role will know what they need to do to meet the needs of those other coaches and colleagues they instruct or train.