

South East



An IOS Programme leading to an ASA/UKCC Level 3 Swimming Coach qualification.

Description: 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. 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.

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 and Reference
- 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.

Cost: £100 registration fee, Units 1 – 10, £125 per unit, Unit 11, £450 (Vocational placement).

Funding opportunities may be available, Please contact your Regional Office

Unit	Dates	Venue	Presenter	Time
1	Duties of a Level 3 Coach	17 th January 2010	Brian McGuinness	9.30am – 5.00pm
2	LTAD	21 st February 2010	Brian McGuinness	9.30am – 5.00pm
3	Exercise Physiology	13 th March 2010	Julie Douglas	9.30am – 5.00pm
4	Nutrition and Hydration	11 th April 2010	Brian McGuinness	9.30am – 5.00pm
5	Psychology and skill acquisition	15 th May 2010	Julie Douglas	9.30am – 5.00pm
6	Land Based Training	12 th June 2010	Barry Shillabeer	9.30am – 5.00pm
7	Recording and Interpreting Data	4 th September 2010	Brian McGuinness	9.30am – 5.00pm
8	Technique and Skill Adaptation	5 th September 2010	Brian McGuinness	9.30am – 5.00pm
9	The Coach and Competition	3 rd October 2010	Brian McGuinness	9.30am – 5.00pm
10	Planning for Performance	6 th & 7 th November 2010	Brian McGuinness	9.30am – 5.00pm

K2 Crawley

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RH11 9BQ

For travel details:

http://www.crawley.gov.uk/stellent/idcplg?IdcService=SS_GET_PAGE&nodeId=580