



Advance to First Race

Swimming Teacher and Coach Development Day

Hilton Hotel East Midlands Airport

10:00–16:00 6 March 2016 | £25 including lunch and refreshments

- Are you a Level 1 or Level 2 Swimming Teacher or Level 1 Swimming Coach?
- Do you motivate children to swim on a day to day basis?
- Do you help your swimmers create great skills for the future?

A great opportunity for teachers and coaches to learn how to unlock the potential of young aspiring swimmers

You will gain the vital knowledge you'll need to progress those who demonstrate potential from Learn to Swim to the club environment and their first race.

Workshops for the day include:

- Falling in Love with Swimming (Creating the Right Environment)
- Starts and Getting Off the Blocks
- Fundamental Breaststroke and Butterfly
- Turns, Streamlining and Underwater
- Skills of Freestyle and Backstroke

You will be introduced to the essential skills required by young swimmers to enable them to maximise their future potential in the sport.

These skills have been identified as 'champion-makers' and you will build up an understanding of how to coach the techniques to develop your aspiring Olympians.

Key speakers

Sarah Ruckwood Olympian | **David Hemmings** National Centre Coach

Marc Foster Age Group Coach RWS | **Fred Furniss** England Programmes Officer

Book online NOW to reserve your space:
https://asa.formstack.com/forms/advance_2016

or contact swimmingtalent@swimming.org for more information.

