



Para-Swimming

National Coach Development Programmes

2020-2021

The National programmes provide coaches with an opportunity to learn and further develop their coaching skills to enhance their knowledge and experience of working with Para-Swimmers. The National programmes will provide support to coaches working with Para-Swimmers and are centred on the pillars of athlete development and coaching behaviours. Leading experts in Para-Swimming will deliver and support the programmes.

National Coach Development Programme Stage 1

Stage 1 programme is centred on the pillars of athlete development, Technical, Tactical, Physical, Psychological and Lifestyle. The programme will support coaches to create development plans for a para-swimmer under each pillar providing holistic development of the para-swimmer in their journey through the Athlete Development Support Pathway (ADSP).

Cost:

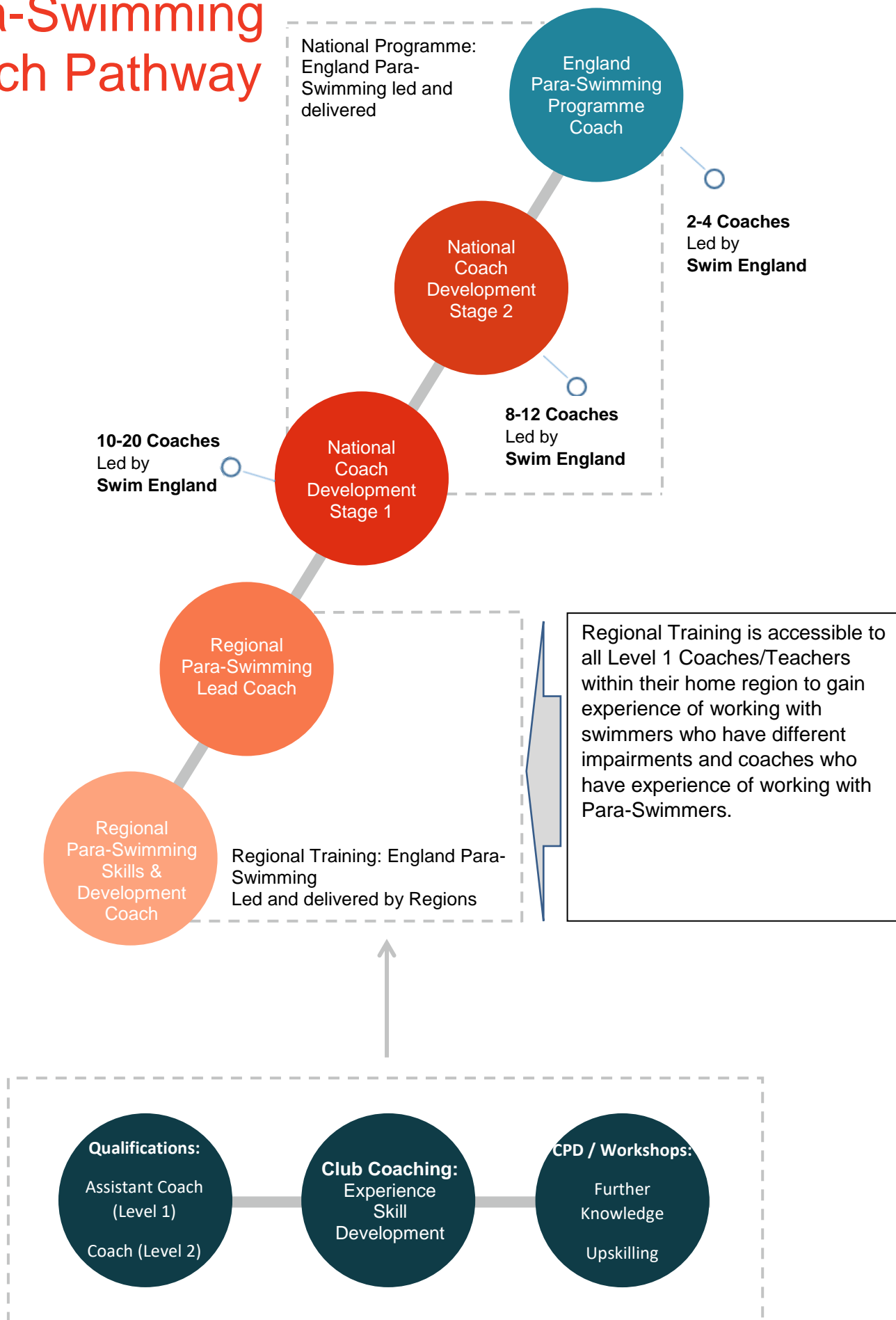
Stage 1 = £50



National Coach Development Programme Stage 1:

<p>Eligible Coaches</p>	<ul style="list-style-type: none">- Coaches who are currently working with Para-Swimmers who have at a minimum, competed at the 2019 Swim England Summer Championships- Minimum Level 2 Coach qualified
<p>Delivery</p>	<ul style="list-style-type: none">- Zoom, interactive online sessions, 2 hours in duration- Coach workshop (online) led by leading professionals with experience of working with international para-swimmers- Short submitted tasks regarding your para-swimmer
<p>Programme Dates & Locations</p>	<ul style="list-style-type: none">- 1. November 14th Saturday 10.00-12.00 Online; Induction & Coach Learning- 2. December 17th Thursday 18.00-20.00 Online; Athlete Development Support Pathway and considerations for Para-Swimmers- 3. January 9th Saturday 10.00-12.00 Online; Land Training & RMAP activities and adaptations for Para-Swimmers- 4. February 4th Thursday 18.00-20.00 Online; Stroke Technique Analysis & Development for Para-Swimmers- 5. June 3rd Thursday 18.00-20.00 Online; Coaching Behaviours, Communication & Reflective Practice

Swim England Para-Swimming Coach Pathway





Expression of Interest

If you wish to be on the Para-Swimming National Coach Development programme Stage 1 for the 2020-21 season then please email your expression of interest to;

tom.mcmanus@swimming.org

Please provide the following details in your email;

- Name
- Club
- Coaching Qualification
- Current information of working with Para-Swimmers
- What you wish to learn from the programme

All expressions of interest will receive a response by Friday 6th November.

For an informal discussion regarding the programmes contact;

Tom McManus | Para-Swimming Talent Coach
(Coaching Lead)

Responsible for developing our coach workforce.

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