



London Swimming



Swimming Teacher/Coach

Training Courses in and around London



Training facilitated by the Institute of Swimming,
the training and development arm of the Amateur Swimming Association

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Booking Information

Application Form

The application form for all Courses and Seminars is on the last page of this document
Postal Applications to be sent to:

FOR LONDON UKCC COURSES

COACHING COURSES (LDN)

Jo Staats

35 Granby Street, Loughborough. LE11 3DU

FOR IOS CATEGORY 1 SEMINARS (ONLY)

IOS SEMINAR APPLICATIONS

Vikki Newbon

18 Derby Square, Loughborough. LE11 5AL

FOR scUK WORKSHOPS (ONLY)

IOS APPLICATION FOR scUK WORKSHOP

Lesley Burton, ASA Workforce Development

35 Granby Street, Loughborough. LE11 3DU

FOR EAST COURSES CONTACT

Nikki Baker, nikki.baker@swimming.org

FOR SOUTH EAST COURSES CONTACT

Jenny Norvill, jenny.norvill@swimming.org

Funding

There are a number of funding opportunities listed at the end of this document

Booking Cut Off Date

All IOS courses and seminar must be booked **10 days in advance** of the start of the courses and seminar. This is to allow enough time to process applications. Any applications submitted after this date will not be accepted or subject to £5.00 admin fee and the seminar resources will be sent out with the certificates

Swim21 / Licensing Vouchers

Free CPD Seminar vouchers are issued though gaining your licence or though your club gaining Swim21 status

Other Discounts & Promotions

For all other discounts and promotion please state the discount/promo code in the "Swim21/Licence Voucher Number" field on the application form

Cancellations

Course/seminar fees may be refunded only in the event of illness/injury. Please put all requests in writing to the course/seminar contact listed and please attached a Doctors Certificate.

Courses/Seminar may be cancelled if there are insufficient enrolments. If the course is cancelled a full refund will be issued.

For more information

For more information on all training courses and funding opportunities in London please visit

www.londonswimming.org

For more information on all training courses nationally please visits

www.britishswimming.org

Advice and Guidance

For advice and guidance on which course is best for please contact your education officer

London Region

Mark Griggs

07197726384

mark.griggs@swimming.org

www.londonswimming.org

South East Region

Jenny Norvill

07917 726403

jenny.norvill@swimming.org

www.southeastswimming.org

East Region

Nikki Baker

07919051652

nikki.baker@swimming.org

www.eastswimming.org

Please see map for which Region your are in



For details of
Education Officers in other
regions of the UK, visit

www.britishswimming.org

or

contact customer services on
0871 200 0928.

for more information on all training courses and to download a booking form visit
www.londonswimming.org
or email london.courses@swimming.org

Who are the ASA and the Institute of Swimming

The ASA is the national governing body for diving, open water swimming, swimming, synchronised swimming and water polo in England.

In order to comply with national education and training standards the ASA has developed two separate and independent arms –



ASA Awarding Body

The ASA Awarding Body develops, assesses, awards and quality assures all ASA qualifications. It is the equivalent of other awarding bodies such as City & Guilds and OCR (Oxford, Cambridge and RSA Examinations). The ASA Awarding Body is licensed by British Swimming to award qualifications in England and Wales. It also has the remit for quality assurance of all areas of UKCC standards.



Institute of Swimming (IoS)

The IoS is an approved training provider, like a school or college, and is part of the network of ASA Awarding Body Approved Centres. The IoS is the ASA's preferred training provider and delivers a comprehensive programme of quality approved courses and seminars throughout the UK.

Our flexible delivery network provides access to courses covering a range of abilities and aspirations - whether you have just begun to think about becoming a teacher/coach or are already a seasoned professional, there is sure to be a course or seminar to suit your needs. Instrumental in delivering the programme of courses and seminars are a team of Education Officers who are involved in planning, delivery and quality assurance within their region.

Once you have successfully attended a certificated course and become qualified you may apply to become a member of the Institute of Swimming. As well as providing the opportunity to participate in Continuing Professional Development (CPD) seminars, membership has many benefits, such as insurance cover, advice on all aspects of legal, technical and employment matters and of course a collective identity evidenced by the use of designated letters after the member's name.

For more information including how to join please refer to our web pages at www.britishswimming.org

Changes To ASA Teaching & Coaching Courses

The ASA teaching & coaching courses have undergone a complete overhaul, making them more relevant to the workplace. The courses are undergoing endorsement by the UK Coaching Certificate (UKCC) (www.ukcoachingcertificate.org). Which is an endorsement of sport specific coach education qualifications that are aligned to an agreed framework. It aims to create a recognised standard for coach education and make it easier to identify quality coaching in any sport, at any level. It will contribute immeasurably to the professionalisation of coaching.

The new structure will contain ASA/UKCC Levels 1 – 4 in the following Aquatic Strands:

Coaching Swimming Teaching Aquatics Coaching Diving Coaching Synchronised Swimming Coaching Water Polo

Each Level will be delivered in units, which can run individually or back to back as a complete course. Each Level will comprise of a number of Core (generic “how to coach”) Units and Aquatic Strand Specific Units

Level	What the Coach/Teacher will be qualified to do	Coach/Teacher Type	Equivalent Qualifications
1	Assist more qualified Coaches/Teachers, delivering aspects of Coaching/Teaching sessions, normally under direct supervision	Support Coach/Teacher	GCSE Grade D-F
2	Prepare for, deliver and review Coaching/Teaching session(s)	Coach/Teacher	GCSE Grade A-C
3	Plan, implement, analyse and revise annual Coaching/Teaching programmes	Senior Coach/Teacher	A Level
4	Design, implement and evaluate the process and outcome of long-term/specialist Coaching programmes	Master Coach	



However this only applies if you want to progress and achieve more qualifications. You not have to do anything extra to stay qualified; all current and past qualifications will remain valid.

If you would like to progress your skills and qualifications, below is the recommended pathway.
For a more compressive recommendation of the best next step for you please visits www.britishswimming.org or contact your education officer

I Currently Hold	The Next Step is to either;		
	Aquatic Teaching	Swimming Coaching	Coaching Other Disciplines (Synchronised Swimming, Water Polo, Diving)
No Qualification	ASA/UKCC Level 1 Teaching Aquatics – Units 1 & 2	ASA/UKCC Level 1 Coaching Swimming - Units 1 & 2	ASA/UKCC Level 1 Coaching (Discipline) - Units 1 & 2
ASA Level 1 (Assistant) Teaching Swimming	ASA/UKCC Level 2 Teaching Aquatics Units 1 – 6 (All)	ASA/UKCC Level 1 Coaching Swimming (To achieve this you only need to pass Unit 2 in Coaching Swimming)	ASA/UKCC Level 1 Coaching (Discipline) (To achieve this you only need to pass Unit 2 in the chosen discipline)
ASA Level 2 (Teacher) Swimming (Units 1-3)	ASA/UKCC Level 2 Teaching Aquatics Units 1-6 (All) OR ASA Adult & Child OR ASA Level 3 Teaching Aquatic (Available April 2008)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the coaching swimming) Then ASA/UKCC Level 2 Coaching swimming Units 1-6 (All)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the chosen discipline) Then ASA/UKCC Level 2 Coaching (chosen discipline) Units 1-6 (All)
ASA Level 2 (Teacher) Swimming (Units 1-4)	ASA Level 3 Teaching Aquatics (Available April 2008) OR ASA Adult and Child OR ASA/UKCC Level 2 Teaching Aquatics – Units 1-6	ASA/UKCC Level 2 Coaching Swimming Units 1-6 (All) OR With an acceptable CV of Current Competency candidates may progress directly to the ASA/UKCC Level 3 Coaching (Swimming only) Units 1 –11 (All)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the chosen discipline) Then ASA/UKCC Level 2 Coaching (chosen discipline) Units 1-6 (All)
ASA Level 3 Club Coach	ASA/UKCC Level 3 Teaching Aquatics (Available April 2008)	ASA/UKCC Level 3 Senior Coach (Swimming only) Units 1- 11 (All)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the chosen discipline) Then ASA/UKCC Level 2 Coaching (chosen discipline) Units 4-6

Swimmer Pathway vs. Teacher/Coach Pathway

SWIMMER DEVELOPMENT PATHWAY						TEACHER/COACH DEVELOPMENT PATHWAY			
Swimmers Development Stage	Swimming Ability	Emphasis on	Swimmer Age	What is required of the Teacher/Coach	ASA/UKCC Level				
					Level 1 Assist more qualified coach / teacher	Level 2 Prepare, deliver and review sessions	Level 3 Annual programmes	Level 4 Long-term, specialist programmes	
TRAIN to WIN	Physical, technical, tactical and mental capacities established	Maximising the Engine	M: 18+ F: 16+	Ability to manage and coach a team of experts	Support Aquatics Coach	Coach	Senior Performance Coach	Train to Win Master Coach	
TRAIN to COMPETE	Development of physical & competition capability	Fine-Tuning the Engine	M: 15-18 F: 14-16	Understanding of fitness and skills training programmes				Train to Compete Master Coach	
TRAIN to TRAIN	Technical aquatic strand specific skills	Building the Engine	M: 12-15 F: 11-14	Strong understanding of child and adolescent growth and development				Train to Train Master Coach	
Aquatic Strand Specific SKILLS	Specialising in one or more aquatic strand (NPTS 8-10)	Learning the Training Skills	M: 9-12 F: 8-11	Knowledge of how skills are developed			Senior Development Coach	Swim Skills Master Coach	
FUN-damentals	Non-Swimmer to Lane Swimming (NPTS 1-7)	Learning through Fun	M: 6-9 F: 5-8	Understanding of a range of core movement skills and how to deliver these skills in a "fun" environment			Support Aquatics Teacher	Aquatics Teacher	Senior Aquatics Teacher

 Pathway for Swimmer Development
 Pathway for Teacher/Coach Development

NB. Coach could be in any aquatic strand
(Competitive Swimming, Diving, Syncro, Water Polo)

for more information on all training courses and to download a booking form visit
www.londonswimming.org
 or email london.courses@swimming.org

ASA/UKCC Courses & Programmes

ASA/UKCC LEVEL 1

All qualifications at this level are made up of 2 Units.

Unit 1 is a common unit to all of the aquatic strands and Unit 2 focus on the specific aquatic strands

Pre-requisites: Minimum Age 16 years old

Core Unit (Unit 1)

The Level 1 Swimming Support Teacher/Coach sits as the first formally assessed qualification on the coaching qualifications pathway. Unit 1 is a common unit to all of the aquatic strands and has a focus on “how to coach” skills with a technical emphasis on movement literacy as defined by Long Term Athlete Development. It is envisaged that this unit can be delivered to all coaches who wish to work in the aquatic environment.

Coaching Swimming

Unit 2 has a focus on swimming coaching, technical knowledge and practical skills that will allow the coach to actively **support** a more senior qualified / licensed swimming coach at any level, in the delivery of a pre-prepared session.

Coaching Synchronized Swimming

Unit 2 has a focus on synchronised swimming coaching, technical knowledge and practical skills that will allow the coach to actively **support** a more senior qualified / licensed synchronised swimming coach at any level, in the delivery of a pre-prepared session. This person will be expected to have an understanding of the sport and a basic understanding of how to utilise a checklist to identify common faults

Coaching Water Polo

Unit 2 has a focus on water polo coaching, technical knowledge and practical skills that will allow the coach to actively **support** a more senior qualified / licensed water polo coach at any level, in the delivery of a pre-prepared session. They will investigate the specialist nature of the sport of water polo whilst gaining on understanding of appropriate corrections to common faults, they will also deliver a five minute ‘mini polo!’ game as part of a pre planned session. This person will be expected to use this understanding in a controlled and supervised environment. They can support across any ability or age range.

Coaching Diving

Unit 2 has a focus on diving coaching, technical knowledge and practical skills that will allow the coach to actively **support** a more senior qualified / licensed diving coach at any level, in the delivery of a pre-prepared session. This person will be expected to have an understanding of the sport and a basic understanding of appropriate corrections to common faults in all group 1-4 dives, posture, take off and entry.

Teaching Aquatics

Unit 2 has a focus on Aquatic teaching, technical knowledge and practical skills that will allow the aquatic teacher to actively **support** a more senior qualified / licensed aquatic teacher at any level, in the delivery of a pre-prepared session. This person will be expected to have an understanding of the aquatic and a basic understanding of appropriate correction to common aquatic faults.

ASA/UKCC LEVEL 1 UPCOMING UNITS

DATE	REGION	VENUE	TIME	AQUATIC STRAND	UNIT	COST	TUTOR	FOR MORE INFORMATION CONTACT
13 – 17Oct	East	St Felix School Southwold, Suffolk, IP17 1QX	TBC	Teaching Aquatics	1 & 2	£370	Roy Claxton	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
20 – 26 Oct	South East	Aquavale Aylesbury	Daytime	Teaching Aquatics	1 & 2	£370	Sue Parker	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
21- 25 Oct	East	Mid Suffolk Leisure Centre , Gainsborough Road, Stowmarket, Suffolk, IP14 1LH	TBC	Teaching Aquatics	1 & 2	£370	Kim Lynch	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
22 -26Oct	East	Sawston Sports Centre , New Road, Sawston, Cambridgeshire, CB2 4BP	TBC	Teaching Aquatics	1 & 2	£370	TBC	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
28 Oct, 3, 4,17,18 Nov	East	Wardown Leisure Centre Bath Road, Luton, LU3 1ES	TBC	Teaching Aquatics	1 & 2	£370	Vicki Gill	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
7, 14 Oct	South East	Guildford Spectrum Parkway, Guildford, Surrey, GU1 1UP	11am – 8.30pm	Coaching Diving	2	£187.50	Chris Jenkins	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
21,27,28 Oct	South East	Tadley Pool Hampshire	Various	Core Unit	1	£182.50	Ian Masson	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org

DATE	REGION	VENUE	TIME	AQUATIC STRAND	UNIT	COST	TUTOR	FOR MORE INFORMATION CONTACT
3, 10, 17 Nov	East	Robinson Pool Bedford Park, Bedford, MK40 2JZ	TBA	Core Unit	1	£220	TBA	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
1, 2 Dec	East	Robinson Pool Bedford Park, Bedford, MK40 2JZ	TBA	Coaching Diving	2	£150	TBA	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
24, 25 Nov	South East	Tadley Pool Hampshire	Various	Coaching Water Polo	2	£187.50	Pippa Jones	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
8, 9 Dec	East	Wardown Leisure Centre Bath Road, Luton, LU3 1ES	TBC	Teaching Aquatics	2	£150	TBC	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
11 - 15 Feb 2008	East	Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket, Suffolk, IP14 1LH	TBC	Coaching Swimming	1 & 2	£370	Kim Lynch	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
16 – 22 Feb 2008	South East	Aquavale Aylesbury	Daytime	Teaching Aquatics	1 & 2	£370	Sue Parker	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
16 – 22 Feb 2008	South East	Swan Pool Buckingham	Daytime	Teaching Aquatics	1 & 2	£370	Estelle Fisher	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
1,2, 8, 9, 15 Mar 2008	East	Wardown Leisure Centre Bath Road, Luton, LU3 1ES	TBC	Teaching Aquatics	1 & 2	£370	TBC	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
27 – 29 Feb 2008 (dates subject to change)	London (Central)	Bridge Leisure Centre Kangley Bridge Road Lewisham SE26 5AQ	Daytime	Core Unit	1	£220	Alison Bell	Mark Griggs Education Officer (London) 07197726384 mark.griggs@swimming.org

DATE	REGION	VENUE	TIME	AQUATIC STRAND	UNIT	COST	TUTOR	FOR MORE INFORMATION CONTACT
1 – 2 Mar 2008 (dates subject to change)	London (Central)	Bridge Leisure Centre Kangley Bridge Road Lewisham SE26 5AQ	Daytime	Coaching Synchronised Swimming	2	£150	Alison Bell	Mark Griggs Education Officer (London) 07197726384 mark.griggs@swimming.org
24 - 30 May 2008	South East	Aquadrome, Basingstoke	Various	Teaching Aquatics	2	£370	TBA	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org

These are courses leading to an ASA qualification endorsed by the UKCC and run by the IOS

ASA/UKCC LEVEL 2

All qualifications at this level are made up of 6 Units.

Units 1- 3 are common unit to all of the aquatic strands and Unit 4-6 focus on the specific aquatic strands

Pre-requisites: Candidates must be at least 18 years of age at the commencement of the course. Be holders of the ASA/UKCC Level 1 Certificate for the particular aquatic strand or gained exemption prior to the course from the ASA.

Core Units (Units 1-3)

The Level 2 Swimming Coach sits as the second formally assessed qualification on the Coaching qualifications pathway. Units 1-3 are common units to all of the Aquatic Strands and has a focus on “how to coach” skills. It is envisaged that these units can be delivered to all coaches who wish to work in the Aquatic environment.

Coaching Swimming

Units 4-6 have their focus on swimming coaching technical knowledge and practical skills that will allow the coach to plan, deliver and evaluate a series of six consecutive sessions within the context of a macro cycle prepared by a senior/licensed coach.

Coaching Synchronized Swimming

To be confirmed

Coaching Water Polo

Units 4 - 6 have their focus on water polo coaching technical knowledge and practical skills that will allow the coach to plan, deliver and evaluate a series of six consecutive sessions within the context of a macro cycle prepared by a senior/licensed coach.

Coaching Diving

Units 4 - 6 have their focus on diving coaching technical knowledge and practical skills that will allow the coach to plan, deliver and evaluate a series of six consecutive sessions within the context of a macro cycle prepared by a senior/licensed coach.

Teaching Aquatics

Units 4 - 6 are focused on Teaching Aquatics, covering a range of technical knowledge and practical skills that will allow the teacher to plan, deliver and evaluate a series of consecutive sessions within the context of a self prepared scheme of work.

ASA/UKCC LEVEL 2 UPCOMING UNITS

DATE	REGION	VENUE	TIME	AQUATIC STRAND	UNIT	COST	TUTOR	FOR MORE INFORMATION CONTACT
19 Oct – 28 Oct	East	Jack Hunt School, Ledbury Rd, Peterborough, Cambridgeshire, PE3 9PN	TBC	Coaching Swimming	1-6	£650	TBC	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
4,6,7,11,13,14,18 Dec 10,17,24,31,7,14 Jan	London (Central)	Ladywell Leisure Centre 261 Lewisham High Street, Lewisham. SE13 6NJ	10.00 – 6.00 10.30 – 12.00	Teaching Aquatics	1-6	£650	Alison Bell	Mark Griggs Education Officer (London) 07197726384 mark.griggs@swimming.org
15 Feb (evening) 16 – 22 Feb 1 – 2 Mar	South East	Leon Leisure Centre, Leon School, Bletchley, Milton Keynes Buckinghamshire	Daytime	Teaching Aquatics	1-6	£650	TBA	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
12,13,18,19,25,26,27,29 Jan 1, 2 Feb	East	Runnymede Swimming Club's Clubroom, Runnymede Swimming Pool, Kiln Rd, Benfleet, Essex, SS7 3DB	TBC	Teaching Aquatics	1-6	£650	TBC	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
1Mar – 26 Apr	South East	Aquavale Aylesbury	Weekend Daytime	Teaching Aquatics	1-6	£650	Sue Parker / Estelle Fisher	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
20 Apr – 25 Apr 10,11,17,18 May	East	Wardown Leisure Centre Bath Road, Luton, LU3 1ES	TBC	Teaching Aquatics	1-6	£650	TBC	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
12,13,19,20,26,27 Apr 10,11,17,18 May	East	Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket, Suffolk, IP14 1LH	TBC	Teaching Aquatics	1-6	£650	Kim Lynch	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
1, 2, 8, 9 Dec 13, 20, 27 Jan 3, 10, 17 Feb	South East	Aquadrome, Basingstoke	Varios	Teaching Aquatics	1-6	£650	TBA	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org

These are courses leading to an ASA qualification endorsed by the UKCC and run by the IOS

for more information on all training courses and to download a booking form visit
www.londonswimming.org
or email london.courses@swimming.org

ASA/UKCC LEVEL 3

All qualifications at this level are made up of 11 Units.

Units 1- 6 are common unit to all of the aquatic strands and Unit 7- 11 focus on the specific aquatic strands

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, 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.

Core Units (Units 1-6)

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.

Coaching Swimming

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.

Coaching Synchronized Swimming

To be confirmed

Coaching Water Polo

To be confirmed

Coaching Diving

To be confirmed

Teaching Aquatics

To be confirmed

Total Programme Cost: £1800

For more information please contact

IOS Level 3 Coordinator, Workforce Development 35 Granby Street, Loughborough Leicestershire. LE11 3DU
01509 615464

IOS.delivery@swimming.org

ASA/UKCC LEVEL 3 UPCOMING UNITS

DATES	REGION	VENUE	TIME	AQUATIC STRAND	UNIT	COST	PRESENTER
Course Registration						£100	
20 Oct	East	Hertfordshire Sports Village, de Havilland Campus, Hatfield Business Park, Hatfield, Herts AL10 9EU	5h 10	Coaching Swimming	7 Recording and Interpreting Data	£125	Paul Robbins
21 Oct	East	Hertfordshire Sports Village, de Havilland Campus, Hatfield Business Park, Hatfield, Herts AL10 9EU	6½ hours	Core Unit	6 Land Based Training	£125	Barry Shilabeer
17 & 18 Nov	East	Hertfordshire Sports Village, de Havilland Campus, Hatfield Business Park, Hatfield, Herts AL10 9EU	13h 10	Coaching Swimming	8 Technique and Skill Adaptation	£125	Paul Robbins
8 & 9 Dec	East	Hertfordshire Sports Village, de Havilland Campus, Hatfield Business Park, Hatfield, Herts AL10 9EU	12	Coaching Swimming	9 The Coach and Competition	£125	Paul Robbins
19 & 20 Jan 2008	East	Hertfordshire Sports Village, de Havilland Campus, Hatfield Business Park, Hatfield, Herts AL10 9EU	12	Coaching Swimming	10 Planning for performance	£125	Paul Robbins
Vocational Assessment				Coaching Swimming	11 Vocational Assessment	£450	

These are courses leading to an ASA qualification endorsed by the UKCC and run by the IOS

For more information please contact

IOS Level 3 Coordinator, Workforce Development
01509 615464 IOS.delivery@swimming.org

Changes to the National Plan for Teaching Swimming

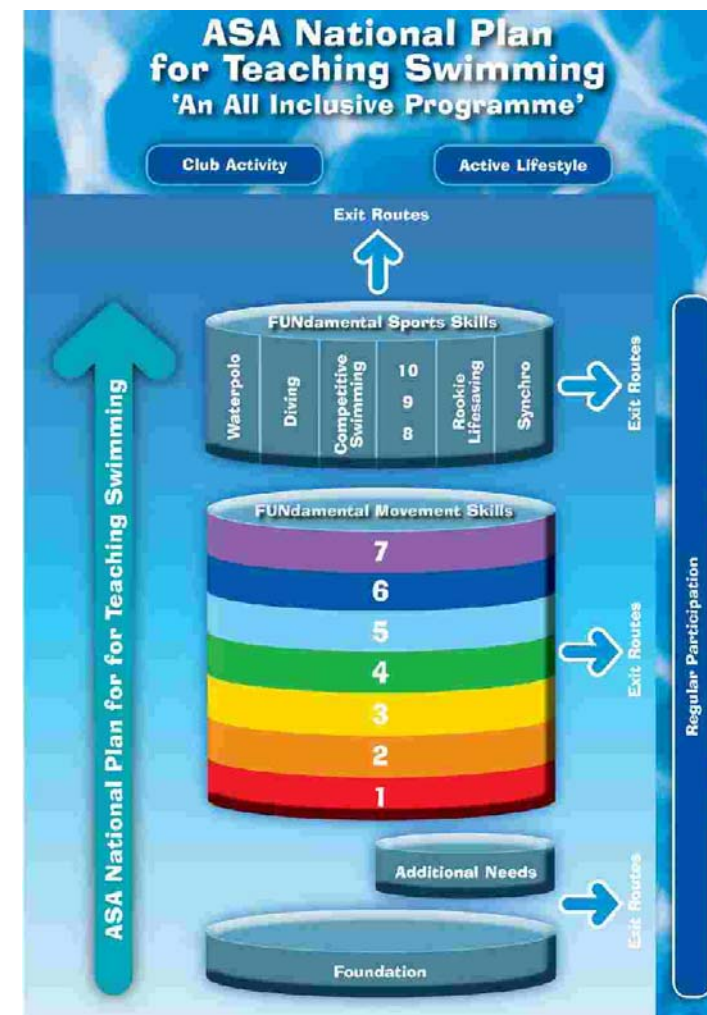
The National Plan for Teaching Swimming (NPTS) has recently been revised and will be available from September 2007. The newly revised NPTS is in line with the current thinking on moving the sport forwards and underpinned throughout by Long Term Athlete Development (LTAD) principles with clear progression between each stage. It will fully encompass all aquatic disciplines and RLSS Rookie Lifesaving.

The 'swimmer pathway' resulting from the revised syllabus will provide more opportunity and variety as well as a smooth progressive structure. This in turn will provide potential for improved retention of swimmers at the top end of learn to swim and provide a clear link into specialist club scenarios.

Supporting the newly revised National Plan for Teaching Swimming, a number of CPD Seminars have been developed enable Swimming Teachers to understand the philosophy and background theory to delivering the programme.

National Plan For Teaching Swimming CPD Seminars

TITLE	AIMED AT	DESCRIPTION
Overview	Level 2 Swimming Teachers Swimming Coordinators Head Swimming Teachers	This seminar will provide an insight into the philosophy, and synergy with other aquatic routes and a clear understanding of how the NPTS programme has been developed. This CPD 'sets the scene' it is designed to equip Swimming Teachers with ideas, which will facilitate their understanding, and so acting as a pre-requisite to viewing/purchasing the NPTS resources.
FUNDamentals	Level 2 Swimming Teachers	This seminar will provide the teacher with an understanding of the basics of LTAD and the use of FUNdamentals and games to deliver FUN and innovative swimming lessons.
AquaFUN (Synchronised Swimming)	Level 2 Swimming Teachers	An Introduction to Synchronised Swimming. Leading from basic skills to the development of a programme and enables the teacher to deliver NPTS Stages 8, 9 & 10 Synchro.
Mini-polo (Water polo)	Level 2 Swimming Teachers	This seminar provides you the skills to deliver mini polo (a basic version of water polo) and enables the teacher to deliver NPTS Stages 8, 9 & 10 Water Polo
Flip n Fun (Diving)	Level 2 Swimming Teachers	This seminar will provide you will the technical knowledge to deliver FUNdamental diving skills from the poolside. You will learn basic diving positions, dry land practices and key teaching points. It enables the teacher to deliver NPTS Stages 8, 9 & 10 Diving
Competitive Swimming	Level 2 Swimming Teachers	This seminar enables the teacher to deliver NPTS Stages 8, 9 & 10 Competitive Swimming



For more information on the National Plan for Teaching Swimming visit www.britishswimming.org or email npts@swimming.org

IOS Continuing Professional Development Seminars

(Category 1)

Recognised by the IOS as contributing towards the [ASA Teacher/Coach Licensing Scheme](#)

Wet Seminar Some or all Candidates will be require to swim, please bring appropriate swimwear

Dry Seminar No Swimwear Required

All Candidates are advised to bring pen and paper

DATE	VENUE	REGION	TIME	AIMED AT LEVEL	SEMINAR TITLE	WET/ DRY	PRESENTER	CPD CREDITS	IOS MEMBERS	NON IOS MEMBERS	BOOKING CUT OFF DATE	FOR MORE INFORMATION CONTACT
7 Oct	Eagle House School Crowthorne, Berkshire	South East	9.30-4.30pm	1 & 2 Aquatic Teacher & Swimming Coach	Introduction to Frontcrawl and Breaststroke Explore the technique involved in teaching/coaching Frontcrawl and Breaststroke to participants at the fundamentals and Swim Skills Stages of their development	Dry	Nigel Aldridge	3	£43.50	£47.00	28 Sep	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
21 Oct	Newport Isle of Wight	South East	10-1pm	All Teachers and Coaches	Voice Projection & Protection Learn to protect and project your voice to ensure your message gets across while avoiding permanent damage. Learn techniques for powering the voice on the breath, improving clarity and range. A fun, practical session with lasting results	Dry	Priscilla Morris	3	£33.50	£37.00	11 Oct	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
22 Oct	Guildford Spectrum Guildford	South East	4.30 – 9.30pm	1 & 2 Aquatic Teacher	Aqua Fun An Introduction to Synchronised Swimming. Leading from basic skills to the development of a programme and enables the teacher to deliver NPTS Stages 8, 9 & 10 Synchro.	Wet	Alison Bell	4	£33.50	£37.00	12 Oct	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org

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6 Nov	K2 Crawley	South East	5.30 – 9.30	1 & 2 Aquatic Teacher	Working With Children With Behavioural Problems This seminar designed to help non-specialist swimming teachers work with a class containing one or two children with special needs. It is intended to assist teachers to recognise some conditions they may encounter and offers some coping strategies.	Dry	Ellie Purvis	4	£33.50	£37.00	29 Oct	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
8 Nov	Guildford Spectrum Guildford	South East	4.30 – 9.30pm	1 & 2 Aquatic Teacher	Aqua Fun An Introduction to Synchronised Swimming. Leading from basic skills to the development of a programme and enables the teacher to deliver NPTS Stages 8, 9 & 10 Synchro.	Wet	Alison Bell	4	£33.50	£37.00	31 Oct	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
10 Nov	Oaklands Swimming Pool Southampton	South East	1-4pm	2 Aquatic Teacher & Swimming Coach	Teaching Turns - The Basics The seminar looks at the transferable skills needed for all turns. It then progresses to turns for each of the four strokes, looking at the elements that make up a turn and the different skills needed to perfect the turn.	Dry	Nigel Aldridge	3	£33.50	£37.00	1 Nov	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
10 Nov	Holmewood House School Tumbridge Wells	South East	3.00 – 6.00pm	All Teachers and Swim Scheme Coordinators	NPTS: Overview This seminar will provide an insight into the philosophy, and synergy with other aquatic routes and a clear understanding of how the NPTS programme has been developed.	Dry	Shelley Robinson	3	£20.00	£20.00	1 Nov	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org

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24 Nov	Radley College, Abingdon, Oxfordshire	South East	9.30 – 4.30	1 & 2 Aquatic Teacher & Swimming Coach	Introduction to Frontcrawl and Breaststroke Explore the technique involved in teaching/coaching Frontcrawl and Breaststroke to participants at the fundamentals and Swim Skills Stages of their development	Dry	Nigel Aldridge	6	£38.50	£42.00	14 Nov	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
10 Dec	Feltham Airparcs Leisure Centres, Uxbridge Road, Hanworth TW13 5EG	London (East)	4.00pm – 8.15pm	2 Aquatic Teacher	Aqua Kids Designed for teachers to deliver a session of cardio based games, It draws its route from a fun based aqua aerobics class.	Wet	Alison Bell	4	£30.00	£35.00	1 Dec	Mark Griggs Education Officer (London) 07197726384 mark.griggs@swimming.org
15 Dec	Feltham Airparcs Leisure Centres, Uxbridge Road, Hanworth TW13 5EG	London (East)	9.30am - 12.45pm	2 Aquatic Teacher	Snorkelling This Seminar will Provide Swimming Teachers with the skills to teach Snorkelling to children in a swimming pool environment	Wet	BASC Tutor	3	£32.00	£37.00	5 Dec	Mark Griggs Education Officer (London) 07197726384 mark.griggs@swimming.org
20 Jan 08	Runnymede Swimming Pool, Kiln Rd, Benfleet, Essex, SS7 3DB	East	1.30- 5.30 pm	2 Aquatic Teacher	Flip N Fun This seminar will provide you will the technical knowledge to deliver FUNDamental diving skills from the poolside. You will learn basic diving positions, dry land practices and key teaching points. It enables the teacher to deliver NPTS Stages 8, 9 & 10 Diving	Wet	Jo Calvino	4	£27.50	£31.00	10 Jan 08	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
3 Feb 08	Wardown Leisure Centre Bath Road, Luton, LU3 1ES	East	1.30- 4.30pm	2 Aquatic Teacher & Swimming Coach	Teaching Turns - The Basics The seminar looks at the transferable skills needed for all turns. It then progresses to turns for each of the four strokes, looking at the elements that make up a turn and the different skills needed to perfect the turn.	Dry	Vicki Gill	3	TBC	TBC	24 Jan 08	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org

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18 May 08	St Felix School Southwold, Suffolk, IP17 1QX	East	10-1	1 & 2 Aquatic Teacher & Swimming Coach	Introduction to Breaststroke Explore the technique involved in teaching/coaching Frontcrawl and Breaststroke to participants at the fundamentals and Swim Skills Stages of their development	Dry	TBC	3	£27.50	£31.00	8 May 08	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
18 May 08	St Felix School Southwold, Suffolk, IP17 1QX	East	2-5	2 Aquatic Teacher & Swimming Coach	Teaching Turns - The Basics The seminar looks at the transferable skills needed for all turns. It then progresses to turns for each of the four strokes, looking at the elements that make up a turn and the different skills needed to perfect the turn.	Dry	TBC	3	TBC	TBC	8 May 08	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org

ASA/Sports Coach UK Safeguarding And Protecting Children Workshop

Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child protection and how to handle situations if you have concerns. Attendance at this 3 hour workshop qualifies as evidence of attending an accredited child protection seminar for the ASA Teacher/Coach Licensing scheme

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8 Oct	Erith Leisure Centre Avenue Road, Erith, Bexley, Kent, DA8 3AT	London (East)	6.30 – 9.30pm	scUK Safeguarding & Protecting Children Workshop	Michelle Weltman	£25.00	£25.00	28 Sep	Mark Griggs Education Officer (London) 07197726384 mark.griggs@swimming.org
27 Oct	Kings School Winchester	South East	1.00 – 4.00pm	ASA/scUK Safeguarding & Protecting Children Workshop	Adrian Noble	£28.50	£32.00	17 Oct	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
25 Nov	K2 Crawley	South East	10.00 – 10.00pm	ASA/scUK Safeguarding & Protecting Children Workshop	Pam Balcu	£28.50	£32.00	15 Nov	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org
3 Dec	Hill View Council Offices Hill View Drive, Welling, Kent DA16 3RY	London (East)	6.30 – 9.30pm	scUK Safeguarding & Protecting Children Workshop	Michelle Weltman	£25.00	£25.00	23 Nov	Mark Griggs Education Officer (London) 07197726384 mark.griggs@swimming.org
12 Dec	Guildford Spectrum Parkway, Guildford, Surrey, GU1 1UP	South East	6.30 – 9.30pm	ASA/scUK Safeguarding & Protecting Children Workshop	Sue Webb	£25.00	£30.00	2 Dec	Jenny Norvill Education Officer (South East) 07917 726403 jenny.norvill@swimming.org

Other Seminars

DATE	VENUE	REGION	TIME	AIMED AT	SEMINAR TITLE	PRESENTER	IOS MEMBERS	NON IOS MEMBERS	BOOKING CUT OFF DATE	FOR MORE INFORMATION CONTACT
5 Nov	Sutton Civic Offices St. Nicholas Way, Sutton, SM1 1EA	London (South)	6.30 – 9.30pm	All Teachers and Coaches	ScUK Equity in your Coaching Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. As a coach, you have an important role to play in ensuring this happens. The workshop will help you to apply and extend your existing skills to meet the needs of present and potential participants.	Michelle Weltman	£25.00	£25.00	26 Oct	Mark Griggs Education Officer (London) 07197726384 mark.griggs@swimming.org
5 Dec	Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket, Suffolk, IP14 1LH	East	TBC	Club committee members	Health and Safety This workshop centres on the concept and process of a risk assessment within the swimming pool environment.	Dennis Freeman Wright	£10.00	£10.00	25 Sep	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
13 Jan	Wardown Leisure Centre Bath Road, Luton, LU3 1ES	East	10-1	Club committee members	Health and Safety This workshop centres on the concept and process of a risk assessment within the swimming pool environment.	Dennis Freeman Wright	£10.00	£10.00	3 Jan 08	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org
23 Jan	Hightown Sports and Arts Centre Concorde Street, Luton, LU2 0JD	East	10-2	Team Managers	Team Managers 1+2 To equip volunteers with the necessary skills and knowledge to undertake a Team Manager role either during local competitions or for overnight stays and travels abroad.	TBC	£10.00	£10.00	13 Jan 08	Nikki Baker Education Officer (East) 07919 051652 nikki.baker@swimming.org

CPD points are available for these as 'additional relevant qualifications'
All seminars will require candidates provide pen and paper.

Funding Opportunities

Women Into Coaching 2

Extent of Funding

The cost of UKCC Coaching courses, childcare and travel to and from courses will be fully subsidised.

Requirements

- You must be working (if applicable) and or living in London: i.e. you must be paying your council tax (where applicable) to a London Borough
- Funding cannot be used to support women working in the public sector / FE and HE students / or those employed by large enterprises.
- Minimum applicant age is 16 years old
- You must have not received European Social Fund funding for more than two consecutive years before applying for this project
- Preferably you should be involved in a club which may be able to support you to secure coaching placements on completing your course

For More Information

Contact	Phone	Email	Web
Brittany Robbins	0207 273 1899	wic2applications@wsf.org.uk	www.wsf.org.uk/involved/wic.php

London Swimming Course Subsidies

Extent of Funding

25% of the Cost of the UKCC Coaching/Teaching Course

Requirements

- Applicants must be from a club with Swim21 Accreditation or actively working towards accreditation.
- Applications will be welcomed from people who can demonstrate that they are already, or intending to become, involved in teaching or coaching swimming within the club environment.
- The proposed course must be recognised by the ASA and the applicant must meet all course criteria
- Have a contribution form the club or other funding source

For More Information

Contact	Phone	Email	Web
Mark Griggs	07917726384	london.courses@swimming.org	www.londonswimming.org

Other Funding Opportunities

PRO-ACTIVE London

www.pro-activelondon.org/funding.asp

A Single portal to access £182 million of Government funding

www.governmentfunding.org.uk

Sport England's List of London Funding Opportunities

www.sportengland.org/london_index/london_get_funding/funding_opportunities.htm

London Sports Forum for Disabled People list of Funding Opportunities

<http://www.london sportsforum.org.uk/funding.html>

TRAINING COURSES



IOS Application Form (LONDON ONLY)

Please complete in BLOCK CAPITALS and return with payment

Participant Name Mr / Mrs / Miss / Ms _____

Date of Birth _____

Home Telephone _____ Mobile / Work Tel _____

Address _____

Post Code _____

Email Address _____

Please tick if you would like to be informed of future courses/seminars running in your area

Course/Seminar Title _____

Units (COURSES ONLY) Units 1-2 Level 1 Units 1-6 Level 2
1 2 3 4 5 6

Start Date _____ Venue _____

Swim21/Licence Voucher Number (if applicable) _____ IOS Number (if member) _____

Other Funding _____ Cheque Enclosed For £ _____

Please state any Health/Medical or Learning needs of which the Course Tutor should be made aware of

.....Continue overleaf

Courses may be cancelled if there are insufficient enrolments. If the course is cancelled a full refund will be issued
I agree to abide by the General Rules and Conditions for the use of the Centre.
I understand that I partake at my own risk. This booking is non-transferable
Course fees may be refunded only in the event of illness/injury. (Doctors Certificate must be provided)
The IOS will process the data and hold the data securely in accordance with the Data Protection Act and the data will be used to administer you as an IOS delegate
I agree to give my consent for an ASA photographer to take the photograph of those stated above for marketing purposes. (please tick here if you **do not** agree to have photographs taken)

Signed _____ Date _____

Cheques made payable to IOS

Cheques should not be post dated
Postal Applications will only be accepted with correct payment by cheque.
Please don't send cash in the post.
Postal Applications to be sent to:

FOR LONDON UKCC COURSES (ONLY)
COACHING COURSES (LDN)
Jo Staats
35 Granby Street, Loughborough, LEICS. LE11 3DU

FOR IOS CATEGORY 1 SEMINARS (ONLY)
IOS SEMINAR APPLICATION
Vikki Newbon
18 Derby Square Loughborough, LEICS , LE11 5AL

FOR scUK WORKSHOPS (ONLY)
IOS APPLICATION FOR scUK WORKSHOP
Lesley Burton, ASA Workforce Development
35 Granby Street, Loughborough, LEICS. LE11 3DU

OFFICE USE ONLY

Total Fee Received	£ _____	Date Confirmation Sent	_____	Processed by	_____
Method of Payment	<input type="checkbox"/> Cash	<input type="checkbox"/> Card	<input type="checkbox"/> Cheque	<input type="checkbox"/> Full Funded	<input type="checkbox"/> Part Funded <input type="checkbox"/> Website

for more information on all training courses and to download a booking form visit
www.londonswimming.org
or email london.courses@swimming.org