

ASA LEVEL 3 CERTIFICATE IN COACHING SWIMMING (QCF)



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NEW PROGRAMME FROM TWO EXPERIENCED ASA APPROVED CENTRES






Survive and Save Training in partnership with The Excellent Performance Team are pleased to offer the ASA Level 3 programme for experienced Level 2 swimming coaches, currently working with county/regional or national swimmers.

The programme is designed as a package to develop to extend your knowledge, develop your understanding, and apply your learning into your environment. If you want to grow, learn and develop as a swimming coach, this programme is for you!

APPLY NOW!



KEY FEATURES OF OUR PROGRAMME

-  Face-to-face, distance and on-line blended learning programme
-  You will have a Mentor, an Assessor and personal Coach to support you throughout the programme
-  Choose from three regional locations (London, East and the South East)
-  Great opportunity for networking and sharing practice
-  Focus on high quality learning and development.



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Why participate on our specialist Level 3 programme?

Our programme blends:

- **Face-to-face** sessions with qualified tutors and specialist experts who will facilitate sessions, with dedicated peer-to-peer support time on the themed sections and on-line support
- Opportunities to sharpen your **personal coaching skills in practical pool sessions** with swimmers
- **Specialist training**, including in neuro-linguistic programming, personality profiling, and the development of coaching and mentoring for your swimmers and your team
- An appointed **mentor** (a suitably qualified, experienced, likely practising coach who will provide specialist support and guidance)
- Qualified and **licensed assessor(s)** who will assess your work, and will make visits to your coaching workplace. Additional support will be provided by skype, email, or phone
- **Trained Personal coach** who will act as a 'sounding board' to aid you develop your career or assist in a business context
- **Theory** (academic articles, blog for readings, literature and videos), **practical coaching and reflection**.

What will this qualify me to do?

- This qualification will enable coaches to plan, deliver, and evaluate a macro cycle of work. Coaches will be able to manage and lead appropriate resources (physical and human) to support all areas of a swimming club programme.
- Holders of this qualification will be seen as having acquired the necessary skills and knowledge to enable them to become either a Development Coach (Swim Skills/Training to Train) or Performance Coach (Training to Compete/Training to Win).

What are the entry requirements for this programme?

Applicants must meet the following criteria (part A and part B) to be considered for the programme:

Part A

- Hold an ASA Level 2 Certificate in Coaching Swimming (QCF) or hold a Level 2 Certificate in Teaching (Units 1 - 4) or hold an ASA Club Coach Certificate (Swimming)

Part B

- Be at least 18 years of age or over
- Have current experience in coaching in aquatic environments and coaching swimmers at least regional swimmers (or very close to), with a minimum pool time of five hours
- Be part of an ASA affiliated club that, holds (or is working towards) Swim21 accreditation
- Submit a CV with appropriate coaching experience listed with submission of two names professional referees

What will I learn?

The candidate will develop knowledge, skills, and experience in coaching swimming, including planning, sharpening delivery of coaching sessions, monitoring, and reviewing the progress of swimmers. There are 11 units in total, which includes four generic coaching units common to all sports. The other units are specifically related to swimming, and most of the evidence for these units will be collected in the learner's specific coaching environment in their club / workplace.

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In addition, the course will cover:

- Technical strokes, starts, turns, and finishes
- Strategic club leadership
- Developing your workforce, including the mentoring, support, and development of coaches (and teachers)
- Collecting, analysing, and interpreting swimmer performance data
- Personality profiling of the coach and your assistant

How will I be assessed?

The learner will be assessed using a combination of methods including observation, examination of products, oral and written questioning, professional discussion and assignments / case studies. The qualification is anticipated to be completed normally within 8 – 12 months of the programme starting.



How is the programme organised?

The programme has been designed to replicate a blended learning approach to a postgraduate course based in an institution ranked within the top two universities in the world. There will be 14 days of face-to-face sessions, which includes a number of practical coaching sessions.

The coaching units are integrated into 7 themes, each consisting of two days. There are a range of online and post course tasks designed to support learning. In addition, the learner will then apply their learning back in their workplace, followed by a review period.



The programme is organised in three regional locations:

The programme is hosted by **Survive and Save Training & The Excellent Performance Team.**

Region	Main venue	Programme Leader
London/East/South East	St Helens School, Northwood, Middlesex HA6 1AF	Ray Lau
East	St Felix School, Southwold, Suffolk IP18 6SD	Ray Lau
South East	TBA (Kent)	Ellie Purvis

When is the programme organised?

The dates are subject to change and to be confirmed. Details will be available separately.

Theme	Title
1	Developing the Level 3 Coach
2	Learning and Development
3	Planning and testing
4	Principles of safety and developing coaching technique
5	Planning and swimmer conditioning
6	Principles of motivation and coaching technique
7	Coaching support and development

Cost: £1800

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Who are our personnel?

All of our tutors / assessors are licensed by the ASA at Level 3 Coaching Swimming and have previous extensive experience in delivery and assessment at this level. Additional specialist expertise, will be available. In addition, our coach mentors (mainly regionally based), are experienced and currently ASA Level 3 or Club Coaches qualified practitioners with a creditable track record of swimmer success. They are recruited for their ability and willingness to support and develop trainee coaches.



Our accredited coaches have extensive educational experience and expertise in working with teachers, and clients in facilitating learning and development.




Ray Lau
Programme Leader

Ray Lau has been teaching and coaching swimming since the age of fourteen. He has tutored for over twenty years including Level 1 and 2, teaching and up to Level 3 coaching swimming courses. Ray has coached in a range number of swimming clubs, including leading at Survive and Save Club. Ray is currently an education consultant and is currently undertaking an MSc in Learning and Teaching at Oxford University. Ray is a certified by the INLPTA Neuro Linguistic Programming Master Practitioner, Master Coach and a Myers Briggs Type Indicator Practitioner.

What if I'm interested. What do I do next?

-  Download the application form from Survive and Save Training. www.surviveandsave-training.org Complete the application form (email or online) and attach the pre-requisites (electronic submission is preferred)
-  Submit the application fee (non-refundable) of £20 and this does not lead to automatic enrolment. All applications are subject to approval and on a first-come first serve basis

-  Please forward to the course administrator, Sally Baldwin, Survive and Save Training.



Ellie Purvis

Programme Leader

Ellie Purvis is Director of the Excellent Performance Team, an ASA approved centre. Ellie has been qualified as an accredited tutor for over twenty years. In addition, Ellie is a specialist tutor for Level 3 coaching swimming, pre-fundamentals and teaching swimming to people with disabilities. She has extensive experience in teaching swimming to all abilities and currently volunteers at a swimming club in Kent. Ellie is currently completing an integrated masters degree in osteopathy and is certified as a neuro linguistic programming master practitioner and master hypnotherapist.



Brian Brinkley

Specialist Tutor / Assessor and Mentor

Brian is a Two-time Olympic Swimmer (Bronze Medallist at 1976) and was awarded an M.B.E. for services to swimming in the same year. He is a very successful ASA Coach and Advanced Teacher (Swimming) in a number of clubs producing high quality swimmers and was also the British National Team Coach from 1992-2002 and shortly afterwards became head coach at Modernian Swimming Club 2004-2009. During his time as a swimming coach, he has had swimmers at every national championship. As a tutor, Brian has delivered several courses at Level 1, 2 and 3 (the old Club Coaches) training large numbers of coaches during the evolution with the Coach Education programme. Brian was recently Director of Swimming for the British Virgin Islands.



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HARROW, MIDDLESEX

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