

# Becoming a Swimming Teacher/Coach

Do you enjoy teaching your kids to swim?

Or maybe you would just like to try something new and have aspirations for a future career change. In any case, becoming a swimming teacher or coach can be an extremely rewarding vocation. So how to go about it...?

Look no further than our easy guide to gaining an ASA qualification.



## First Steps

First of all you must choose your discipline. Qualifications and courses include

### Teaching Aquatics

Teaching Swimming to adults and children who can't swim, up to swimming lengths

### Coaching Swimming

Coaching swimming in a Club environment to competent swimmers and beyond

### Coaching Water Polo

Coaching Water Polo, to competent players and beyond

### Coaching Synchronised Swimming

Coaching Synchronised Swimming, to competent swimmers and beyond

### Coaching Diving

Coaching Diving from poolside to high boards, to competent divers and beyond

Qualifications have been developed by the ASA to meet UK Coaching Certificate (UKCC) standards and currently range from Levels 1-3, with Level 4 under development.

## Start at the Beginning

The first qualification you require for any discipline is the ASA Level 1 Certificate. If successful at Level 1 you can then proceed to Level 2. Both these levels focus on 'how to coach' and 'what to coach'.

The holder of an ASA Level 1 Certificate is qualified to teach/coach in a support role. You will be able to actively support a more senior qualified or licensed teacher/coach, in the delivery of a pre-prepared session. You will be expected to have an understanding of the aquatic environment and a basic understanding of appropriate corrections to common faults (specific to the discipline).

## Independent working

To work on your own without supervision (other than life guarding cover) you will be required to hold an ASA Level 2 Certificate.

The holder of the ASA Level 2 Certificate for Teaching Aquatics will be equipped to plan, deliver and evaluate a series of consecutive sessions within the context of a self-prepared scheme of work. With regards to Coaching (Diving, Swimming, Synchronised Swimming and Water Polo), the holder of the Level 2 Certificate for Coaching will be able to plan, deliver and evaluate a series of six consecutive sessions within the context of a macro cycle prepared by a senior/licensed coach.

## Onwards and Upwards

If you are interested in the coaching programme in a competitive environment, the ASA Level 3 Certificate is the route to becoming a senior coach. It will enable you to plan, implement, analyse and revise annual coaching programmes to really get the most out of your athletes. You will be able to manage and lead appropriate physical and human resources to support all areas of the club programme. The ASA Level 4 Certificate for Coaching is currently being developed. This will enable you to enhance your knowledge and skills and coach competitive athletes at the highest level.

## Further Training

Once you have completed your qualification, it is recommended that you apply for a Teacher/Coach Licence and continue your training by attending ASA accredited continuing professional development (CPD) seminars to help you keep up to date with current practices.

CPD seminars are normally 3 – 6 hour workshops on a specific topic, some are theory based and others involved theory and wet practical.

## Where is my Nearest Course?

The IOS run courses and CPD seminars in a number of locations the UK details are available at [www.britishswimming.org](http://www.britishswimming.org). Funding opportunities are also available