

QA0019 – Swim Strength Starts and Turns

Short Description

Races are won and lost with starts and turns! This forward thinking seminar explains how strength and conditioning training can help the swimmer improve starts and turns in all strokes. A series of exercises are presented and physically taught with the aim of developing starts and turns.

Target audience

ASA Level 3 Club Coach / ASA Level 4 Coach
UKCC Level 2 Coach / UKCC Level 3 Coach

Hours required

3 hours (not including breaks):
1.5 hours theory based / 1.5 hours land based

Resources

	Resource	Responsibility of
Physical	Classroom to accommodate lecture style and group work; Gym or appropriate area for land work	Organiser
Candidate	Handouts	Organiser/Presenter
Equipment	Laptop, data projector, flipchart	Organiser/Presenter

Delivery

If you would like to have this seminar delivered please contact your IoS Regional Education Officer:

North West	Rosemary Fletcher-Turk
N (Yorks & Humbs)	Colin Huffen
N (Northumberland & Durham)	Fiorna Cairns Smith
West Mids	Carole McArdle
East Mids / East	Nikki Baker
London	Mark Griggs
South East	Jenny Norvill
South West	Jane Wilson

Email any of the above using firstname.lastname@swimming.org

Status

Accredited by the IoS as contributing towards the ASA Teacher/Coach Licensing Scheme and/or Personal Development.

Point value – 3

Expiry of accreditation – February 2010

Additional Information

- The copyright for this seminar is held with the IoS.
- This seminar can only be run through the IoS Regional Education network.
- Minimum and maximum numbers will be determined by facilities and after consultation with the presenter.