

QA0046 – Cross Training Ideas for Swimming Coaches

Short Description

This interactive and practical 3 hour Cross Training CPD Seminar will help develop a Swimming Coach's understanding of cross training activities and the positive role they can play in swimmer development. Participants will undertake practical, relevant learning activities and will go away with specific examples, tools and templates, to help them to effectively implement specific cross training activities within swimming training programmes.

Target audience

ASA Level 2 / 3 / UKCC Certificate for Coaching Swimming

Hours required

3 hours - theory based (not including breaks)

Resources Required

	Resource	Responsibility of
Physical	Classroom to accommodate lecture style and group work	Organiser
Candidate	Handouts	Organiser/Presenter
Equipment	Participant Resource, Presenter slides, Lap top, electronic data projector, whiteboard if available	Organiser/Presenter

Delivery

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

North West	Colin Huffen
North East	Fiorna Cairns Smith
West Midlands	Carole McArdle
East Midland	Jennifer Baxter
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 – May 2011

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.