



National Plan for Teaching Swimming Case Studies 2009

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Ray is happy to discuss Survive and Save Club's experience of implementing the NPTS. Before doing so, you may wish to read his following comments about the process.

Do you have a full time Level 2 Teacher coordinating the swimming programme at your pool?	A holder of the ASA Level 3 Managing and delivery of programmes co-ordinates the programme
Were you implementing the NPTS 1997 edition?	Yes We have recently re-accredited Swim 21 and hold ASA Aquamark approved scheme status
When did you start to implement the NPTS 2007 edition?	We implemented this in January 2008 and piloted the Rookie Lifeguard programme in September 2007
Did you attend any CPD training and if "yes" how did you find out about the courses and were they useful? If you have not attended any of these CPD's could you please explain why?	Yes <ul style="list-style-type: none"> • The majority of teachers have attended the FUNdamentals seminar and some of NPTS. • Our Education & Development officer has attended all the seminars. • A number of have attended the NPTS Overview and Mini Polo. • These are useful; however we are very disappointed with London region as the number of seminars has been very limited in meeting the needs of our Aquatics programme.
Have you received sufficient resources to help you implement the new NPTS?	Yes
What other resources would you like the ASA to develop as a priority?	A revision of the Training DVD with realistic swimmers from the NPTS programme representing "expected standards"
Did you use the NPTS Action	Yes

Plan to help you implement the NPTS? Did you do anything different?	We focused on a transition phase between the old and new where we completed the old NPTS assessment and then re-assessed them against the new programme.
What were the main skills gaps areas with the swimmers when you transferred and how did you overcome these?	<ul style="list-style-type: none"> • Butterfly! Sculling – Synchro skills. • I took the lead in delivering some tutor demos and specifically taught the skills involved.
Are there any best practice examples within your implementation that you could share with others? Please give a summary.	<ul style="list-style-type: none"> • We implement an 'Aquatics' stage 8 & 9 programme where swimmers complete the competitive swimming with a rotating programme on Flip n' Fun, AquaFUN, Mini Polo and Rookie Lifeguard. • Due to the popularity of the programme, we will be establishing a Mini Polo teaching section including stages 10.
At what stages of the NPTS do you experience the highest dropout rate of swimmers and what (if any) interventions have you got in place to try to keep swimmers and parents involved?	<ul style="list-style-type: none"> • Our dropout rate is stage 7 where swimmers are not progressing because of the 100 metres and 25 metres butterfly aspects. • We are currently organising teachers to attend a butterfly CPD.
Please could you detail if you are currently using or considering using any of the other ASA awards e.g. - Swim a Song/ Distance Badges?	No Swimmers progress onto Rookie Lifeguard and lifesaving programmes of the Royal Life Saving Society.
What would be your key recommendations to anyone who is considering implementing the new NPTS?	<ul style="list-style-type: none"> • Take your time! • Ensure you have conversion assessment completed on all swimmers about 4 weeks before the end of the current course then teach the skills and adjust.
Have you noticed an improvement in your programme since moving to the new NPTS? Please can you explain any changes.	Yes! Greater motivation and interest with the higher stages which has resulted in a better quality of swimmers.
Are there any other comments you would like to add at this stage?	There are points in the programme where swimmers do become 'stuck' at Stage 2, 5 (Butterfly!) and 7 (100m and Butterfly!)

