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| **Module 1** | **Understanding Your Swimmers** | This module focuses on understanding the range of swimmers that a Masters Club coach will coach, the various entry points into swimming and pathways for development. | Online course | Online | Accessed via the Australian Sports Commission (ASC)  [ASC Learning Portal](https://learning.ausport.gov.au/auth/login/?returnUrl=%2F) |
| **Module 2** | **Coach and Swimmer**  **Self-Awareness** | This module focuses ways to maximise communication, motivation, teaching and mentoring of adult swimmers. It looks at the various entry points into swimming and pathways for development, the various roles that a Masters Club coach performs, communication and coaching styles, and working with a group of swimmers. | Online course | Online | Accessed via the  [ASC Learning Portal](https://learning.ausport.gov.au/auth/login/?returnUrl=%2F) |
| **Module 3** | **Swimmer Engagement** | This module focuses on specific coaching approaches, techniques, tips and teaching and learning methods that the Masters Club coach can use at the pool deck when working with swimmers across a range of abilities and backgrounds. The coach’s interactions with swimmers outside of poolside coaching also impacts on the degree of interest and motivation that swimmers bring to training and competition. This module provides guidance for integrating all the coach’s interactions with swimmers. | Online course | Online | Accessed via the  [ASC Learning Portal](https://learning.ausport.gov.au/auth/login/?returnUrl=%2F) |
| **Module 4 A,B,C,D,E** | **Efficient Stroke Development: Freestyle, Butterfly, Breaststroke & Backstroke (includes Foundations of Swimming and Common Errors)** | This module focuses on the technical aspects of swimming with each of the four strokes. It focuses on efficient techniques for strokes, starts, turns and finishes, as well as including information about biomechanics and swimming.  This module also focuses on how to identify and rectify common mistakes or problems with the four strokes, as well as with turns. | Online course | Online | Accessed via the  [ASC Learning Portal](https://learning.ausport.gov.au/auth/login/?returnUrl=%2F) |
| **Module 5** | **Skills and Fitness for Competition** | This module focuses on preparing the swimmer for training and competition, with a focus on physical development, monitoring swimmer performance and progression, tailoring training to suit the swimmer's physical needs and work/family commitments. Nutritional and hydration requirements of swimmers are introduced. | Online course | Online | Accessed via the  [ASC Learning Portal](https://learning.ausport.gov.au/auth/login/?returnUrl=%2F) |
| **Module 6** | **Program Design and Management** | This module focuses on setting goals and preparing training plans for swimmers across a range of physical development, technical abilities, swimming aspirations and psychosocial needs and demands. Planning is seen in the context of the shared goals of the club, coach, athletes and their families. The module will also focus on reviewing and adapting plans according to the progress of the athletes and external circumstances. Learners will work towards creating a session plan to be taken to the face-to-face workshop for evaluation. | Online course | Online | Accessed via the  [ASC Learning Portal](https://learning.ausport.gov.au/auth/login/?returnUrl=%2F) |
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| **Session 1** | **Coaching Better** | Identify and document own coaching philosophy, individual strengths and strategies for improvement and methods of self-reflection. | Workshop | Assessment Workbook |  |
| **Session 2** | **Coaching Adult Swimmers** | Identify the motivating factors and the barriers to adult swimming and the differences with age-group swimmers. | Workshop | Assessment Workbook |  |
| **Session 3** | **Modifying to Include All** | Demonstrate knowledge of basic strokes to modify and develop strokes for individual swimmers with specific physical requirements using the TREE method to adapt coaching practices. | Workshop | Workbook  & Poolside Assessment |  |
| **Session 4** | **Goals and Planning** | Demonstrate an understanding of a Masters swimmer by developing a profile for two swimmers with different goals.  Work with mentor coach to develop an annual plan with periodisation for a swimmer with specific goals who is training with the mixed masters squad. | Workshop | Assessment Workbook |  |
| **Session 5** | **Session Planning** | Plan and implement a basic session plan including objectives, timing, drills/skills, training elements and equipment for a squad of mixed ability Masters swimmers. | Workshop & Poolside Session | Workbook  & Poolside Assessment |  |
| **Session 6** | **Stroke Fundamentals** | Identify the basic fundamentals of each stroke, the common errors encountered and the modifications used by Masters swimmers. | Workshop& Poolside Session | Workbook |  |
| **Session 7** | **Practical Pool Session Assessment** | Plan and conduct a 30 min pool training session using the plan developed in the workshop. Assessment will be continuous based on the group’s ability to work together as a coaching team to modify and adapt the session plan, assess swimmers' basic level and communicate clearly to make the session flow. Coaches will not be assessed on their technical skill in stroke correction. | Poolside Session | Poolside Assessment |  |
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| **Appendix 1** | **Communicating with Adult Swimmers** | An overview Prepared by Kim Tyler for MSA | Workbook  Appendix |  | Included in workbook |
| **Appendix 2** | **Communication Styles** | Ruth Sherman, President, Ruth Sherman Associates, LLC, Greenwich, CT, 1/99, “Women’s Business Centre Online” | Workbook  Appendix |  | Included in workbook |
| **Appendix 3** | **Setting SMART Goals** | Prepared by Kim Tyler for MSA | Workbook  Appendix |  | Included in workbook |
| **Appendix 4** | **Theory of Planning** | David J. Rowbottom, (2000). ["Periodization of Training"](http://books.google.com/books?id=Cx22TcXodrwC&lpg=PP1&pg=PA499#v=onepage&q&f=false)  David Pyne PhD Australian Institute of Sport, “Periodisation and Conditioning: A Contemporary Approach”  Peter Reaburn, PhD Sports Scientist –“Periodisation and Peaking for the Masters Athlete” | Workbook  Appendix |  | Included in workbook |
| **Appendix 5** | **Examples of Training Zones and Rest Intervals** | Prepared by Kim Tyler for MSA | Workbook  Appendix |  | Included in workbook |
| **Appendix 6** | **Examples of Training Cycles** | Prepared by Kim Tyler for MSA | Workbook  Appendix |  | Included in workbook |
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| **Handout 1** | **Drill Samples** | Compiled by Elena Nesci for MSA | Workbook  Handout |  | Separate documentation |
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| **Reading 1** | **MSA Swim Rules** | http://www.mastersswimming.org.au/Rules/MSA-Competition-Rules | **Essential Reading** |  | Website |
| **Reading 2** | **Role of the Coach/Coaching Better** | Compiled by Loren Bartley from Australian Sports Commission resource | Suggested Reading |  | Separate documentation |
| **Reading 3** | **Coaching and Training Adult Swimmers** | John Ornsby with general Masters Swimming information | Suggested Reading |  | Separate documentation |
| **Reading 4** | **Training the Adult Swimmer** | Loren Bartley and Brad Thurlow | Suggested Reading |  | Separate documentation |
| **Reading 5** | **Inclusion** | Masters Swimming Australia article | Suggested Reading |  | Separate documentation |
| **Reading 6** | **Nutrition for Adult Swimmers** | http://www.ausport.gov.au/ais/nutrition/factsheets  http://www.sportsdietitians.com.au/factsheets/ | Suggested Reading |  | Website |
| **Reading 7** | **Basic Stroke Fundamentals** | David Chambers | Suggested Reading |  | Separate documentation |
| **Reading 8** | **The Masters Athlete** | Peter Raeburn PhD - http://www.mastersathlete.com.au | Suggested Reading |  | Website & book |