



# asctaQLD Conference

10 & 11 September 2016

Brisbane Grammar School, Spring Hill, Brisbane

**asctaQLD Conference for coaches and teachers**

Swimming coaches and teachers will have access to a vast array of specialized topics and presenters. Attending the **asctaQLD** conference will allow you to network with industry experts and help you to further your knowledge and understanding of the coaching and teaching industry. The coaching stream is targeted at the Part time coach, Junior coach, Age development coach or Regional coach.



DAVID LUSH – Bronze course presenter

David is the head coach of Brisbane Grammar which is one of Brisbane’s leading Age Group programs which includes JNR World Record holder Minna Atherton. He also has a very successful High performance program which has seen him gain selection on the 2016 Olympic team along with his athletes, Duel World Champion Emily Seebohm and 2012 Olympic Gold Medalist Brittney Elmslie.

SUE MAYO – Keynote presenter, Teacher stream

With over 35 years industry experience, Sue is a qualified Swim teacher and coach, Cert IV Trainer and Assessor in all areas of learn to swim from infants to adults; including people with disabilities and swim coaching. Sue is the General Manger and Director of Learn to Swim at Australian Crawl Fitness and Leisure Centres. She oversees a team of more than 80 staff across 3 sites.



**Member and Non-Member rates ... includes GST**

To register for **asctaQLD** Conference please [click here](#)

★ Re-registration Points ★ Tax Deductible

SATURDAY, 10 SEPTEMBER		Bronze Course	David Lush	Attachment 1
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# ASCTAQLD CONFERENCE

10 & 11 September 2016

Brisbane Grammar School, Spring Hill, Brisbane

SUNDAY, 11 SEPTEMBER	COACHING STREAM			
8:30am	Registration Opens			
9:00am – 10:00am	Practical	<b>Using technology in the training environment</b>	Nick Smith	<i>30mins on software (apps, PC programs etc)</i>
				<i>30mins on hardware (TV, phones, iPad, GoPro etc)</i>
10:00am – 11:00am	Practical	<b>Drill Progressions</b>	Nick Smith	<i>Teaching Starts and Turns (and applying technology)</i>
11:00am – 11:15am	Refreshment Break			
11:15am – 12:15pm	Classroom	<b>How to build an aquatic engine</b>	Lachlan Mitchel	<i>Periodization over a number of years</i>
12:15pm – 1:00pm	Lunch Break			
1:00pm – 1:30pm	Classroom	<b>Swimming QLD</b>	Drew McGregor	<i>How can we assist you?</i>
				<i>Identify things that have changed recently</i>
1:30pm – 2:00pm	Classroom	<b>Case Study</b>	Shaun Crow	<i>Managing Athletic Development</i>
2:00pm – 2:15pm	Refreshment Break			
2:15pm – 3:00pm	Classroom	<b>Fundamental dryland skills that compliment aquatics</b>	Sally Bailey	<i>Fundamentals - to multi joint complex movement – to specific strength</i>
				<i>What ages are these relative</i>
3:00pm – 3:45pm	Classroom	<b>Yoga for Swimmers</b>	Tom Barton	
4:00pm	Finish			

<b>SUNDAY, 11 SEPTEMBER</b>	<b>TEACHING STREAM</b>			
<b>8:30am</b>	Registration Opens			
<b>9:00am – 9:30am</b>	Classroom	<b>Junior Dolphin</b>	ascta National	<i>Overview of the Junior Dolphins Philosophy and Program Resources</i>
<b>9:30am – 10:30am</b>	Practical	<b>Junior Dolphin</b>	ascta National	<i>Fun and Games in the pool designed to engage and retain 5 - 8 year olds</i>
<b>10:30am – 10:45am</b>	Refreshment Break			
<b>10:45am – 11:45am</b>	Classroom	<b>Freestyle and Backstroke</b>	Marie Hasemann	<i>Aquatic Posture</i>
<b>11:45pm – 12:45pm</b>	Classroom	<b>Learn to Swim</b>	Chris Dellit	<i>Excelling as a teacher</i>
<b>12:45pm – 1:15pm</b>	Lunch Break			
<b>1:15pm – 2:30pm</b>	Classroom	<b>Learner with Disability</b>	Wendy Ross	<i>Just A Body in Water - assist teachers to make the most of teaching a learner with disability</i>
<b>2:30pm – 2:45pm</b>	Refreshment Break			
<b>2:45pm – 3:45pm</b>	Classroom	<b>Babies and Toddlers</b>	Sue Mayo	<i>Review the main principles of optimising the benefits of your aquatic program through the 'less is more' technique</i>
<b>4:00pm</b>	Finish			



**JNR. DOLPHINS**  
swimming australia

Hi!

READY TO  
MAKE A SPLASH  
THIS SUMMER!

**JuniorDolphins.com.au**

Swimming Australia, in partnership with ASCTA is launching Junior Dolphins, Australia's iconic Junior swimming development program.  
Check out the new website [www.juniordolphins.com.au](http://www.juniordolphins.com.au)

# Bronze Course

PRESENTED BY DAVID LUSH

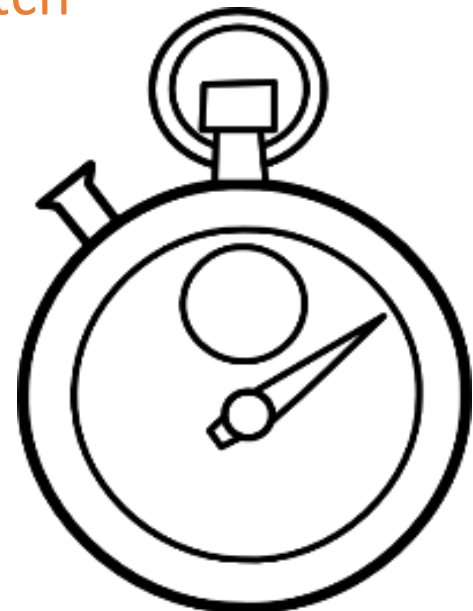
SATURDAY, 10 SEPTEMBER 2016

BRISBANE GRAMMAR SCHOOL, SPRINGHILL

Bronze course participants will receive

**1 year premium membership** to ASCTA

and receive a **free stopwatch**





## Bronze Licence Accreditation

The Bronze Licence Coach has the competence to promote participation in swimming and to plan, prepare, conduct, monitor, evaluate and adapt training programs to enable swimmers to compete at club/district and regional level meets. The online component of the course contains 7 modules and will take approximately 8 hours to complete. It is user-friendly and features the latest interactive technology, including case studies, practical scenarios and a quiz. The online course may be completed in part, or all at once.

There is a coach journal throughout the course that requires candidates to write entries in. Some online course modules also have other assessment tasks.

## Course Structure

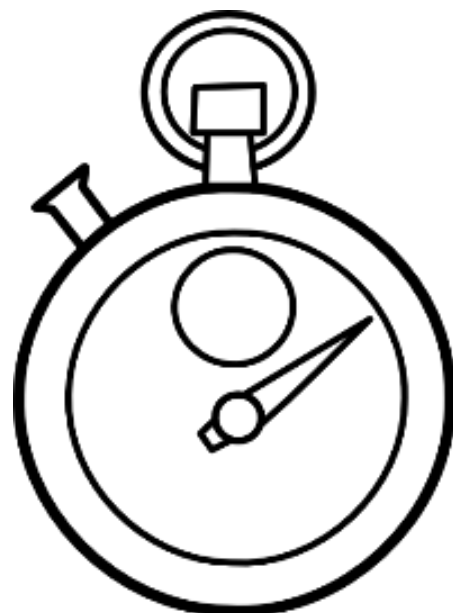
Please note that the Bronze Coach Accreditation requires the following evidence documents:

1. A prerequisite of the Swim Australia Teacher of Competitive Swimming or equivalent
2. Satisfactory completion of the Online course
3. Attendance at an 8 hour workshop – [register online for at asctaQLD conference](#)
4. Completion of the training record
5. Practical Competency Assessment
6. A current approved Blue card
7. Completion of the Play by the Rules Child Protection online course
8. Completion of the Play by the Rules Harassment and Discrimination course

Once a candidate has registered for the Bronze Course at the **ascta**QLD Conference they will receive an access code from Swimming QLD for the online portal. You will have the ability to upload your evidence documents, and have the opportunity to ask any questions they have on the face to face day, if you have any questions or there is some technical things you don't understand feel free to write them down and bring them to the workshop.

Candidates will have 6 months to send in their training record from the date of the course attended.

ASCTA membership is included in the course price. Once Candidates have completed all components and all evidence documents have been approved by ASCTA, membership until the 30th June will be provided.



## Registration Instructions

1. Register for the **ascta**QLD Bronze course through the conference registration portal
2. Receive your access code from Swimming Qld
3. Head to [learning.swimming.org.au](http://learning.swimming.org.au) and login/create an account
4. Enrol in “Bronze Coach Accreditation Program”
5. It will then ask you to select a practical workshop to attend
6. Select attending appropriate workshop (Brisbane)
7. Enter Token code as payment method
8. Complete online elements prior to attending workshop.

## Computer requirements to undertake the course

In order to undertake the course you will need access to a computer with the following:

- An internet connection (dial up or broadband)
- An operating system of at least Windows 98 or Mac OS 9
- An internet browser – minimum requirement for Windows users is Microsoft Internet Explorer 9.0 and above, or Mozilla Firefox 1.0 and above. For Macintosh users, Safari 1.2 and above must be used.
- Note that you will be asked to download Adobe Flash player and Adobe Acrobat reader (both are free downloads) in order to access certain aspects of the course.
- An email address

## Face to Face Component

What to Bring: Print out of session plans and journal, togs, towel, water

You will need to bring your own refreshments and lunch

If you have any questions or need assistance with the eLearning portal please email [learning@swimming.org.au](mailto:learning@swimming.org.au).

