



An IoS programme leading to a certificate in

ASA/UKCC Level 3 Programme for Coaching Swimming

Description: The Level 3 Swimming Coach is the third formally assessed qualification on the coaching qualifications pathway. This qualification is delivered as a programme, which consists of 11 stand-alone units. Units 1-6 are common units to all of the aquatic strands and has a focus on "how to coach" skills. We recommend that candidates take units 1 - 6 before proceeding to units 7-11. Units 7-11 focus on swimming coaching, technical knowledge and practical skills that will allow the coach to plan, deliver and evaluate a macrocycle of work. The Level 3 coach will be qualified to manage and lead all areas of the club programme within a Swim21 Club. It will be necessary to liaise closely with your club and agreement from the club is an essential requirement prior to acceptance onto the programme.

Pre-requisites:

- ❖ candidates must be at least 18 years of age at the commencement of the programme
- ❖ be a holder of a valid ASA Level 2 Teacher / Coach Licence – before start of unit 11.
- ❖ be holders of the ASA / UKCC Level 2 Certificate for Coaching (Swimming)

other relevant qualifications include:

- ❖ Level 2 Certificate for Teaching (Units 1 - 4) plus CV + coaching experience + references
- ❖ Club Coach Certificate
- ❖ Exemption gained prior to enrolment on the programme from the ASA

Cost: Total Cost £1,800 (the total fee may be paid for by instalments i.e. per unit)
Funding opportunities available, Please contact your Education Officer details listed below.

Please circle discipline: *Coaching Synchronized Swimming *Coaching Diving
*Teaching Aquatics *Coaching Water Polo *Coaching Swimming

Please complete in BLOCK CAPITALS and return with the £100 non-refundable registration fee.

Participant Name:

Mr/Mrs/Miss/Ms _____

Date of Birth: _____ Home

Telephone: _____

Mobile Telephone: _____ Email

Address: _____

Address: _____

_____ Post

Code: _____

Please circle the highest previous formal qualification:

UKCC Level 2

Club Coach

Level 2 (units 1-4)

Level 2 prior to 1994

Certificate Number: _____ **License Number & Level:** _____

For participants who hold the Level 2 units 1-4 or Level 2 prior to 1994 qualifications please attach CV + Coaching Experience + references to this form

Education Officers

Please state any health/medical or learning needs of which the programme presenter should be made aware of

North	West Midlands	London	East & East Midlands	South East	South West
Fiorna Cairns Smith	Carole Mcardle	Mark Griggs	Nikki Baker	Jenny Norvill	Jane Wilson
07920106563	07920 054451	07917 726384	07919 051652	07917 726403	07920106923

NB: Programmes may be cancelled if there are insufficient enrolments.

I agree to abide by the General Rules and Conditions for the use of the venue.

I understand that I partake at my own risk.

Programme fees may be refunded only in the event of illness/injury. (Doctors certificate must be provided)

I give my consent for an ASA photographer to take the photograph during delivery for marketing purposes.

(please tick here if you do not agree to have photographs taken)

Candidate signature _____ Date _____

The Club is aware and agrees that requirements of this programme may require the candidate to undertake activities not normally associated with their current role and these aspects may be fulfilled within club time.

Club

Club Chairman signature _____ Date _____

Cheques made payable to IOS

Do not send in post-dated cheques.

Full address to be written on reverse of the cheque. Please do not send cash in the post. Postal applications will only be accepted with correct payment by cheque.

Return registration forms to:

UKCC Level 3 Administrator
ASA Workforce Development
35 Granby Street
Loughborough, Leicestershire
LE11 1PL

Units	Units
1	Duties of a Level 3 coach
2	Long Term Athlete Development
3	Exercise physiology for senior coaches
4	Nutrition and hydration for performance
5	Teaching/coaching psychology and skill acquisition
6	Land based training
7	Recording and interpreting swimming data
8	Technique and skill adaptations
9	The senior swimming coach and competition
10	Planning for swimming performance

This programme is still going through the endorsement process, and is subject to change.
Demand for this programme is great therefore please register early.

OFFICE USE ONLY

Method of payment

Cheque

Full Funded

Part Funded

Fees Received	Registration Fee	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	Unit 7	Unit 8	Unit 9	Unit 10	Unit 11

Course code: _____
received: _____

Date

Information on other courses/CPD/programmes can be found at
www.britishswimming.org