

Coach 2024 Programme

2018/2019

Reach your world class coaching potential



Coach 2024 Programme

Coaches are instrumental to the success of our athletes at every stage of their journey.

This programme is a key learning opportunity on the Coach Development Pathway (see back page for infographic).

England Talent has created this bespoke coach development programme to support and mentor coaches who are working at the upper level of the England Talent Pathway and aiming to transition their athletes onto British Swimming's World Class Programme.

Vision for Coach 2024

To create an intensive 'learning journey' to accelerate and develop coaching skills to help you become a more effective coach.

Aims of the programme

- To enhance your technical knowledge, skills and behaviours.
- To learn and absorb British Swimming and England Talent Coaching Principles into your daily coaching methods.
- To create a 'community' to share examples of best coaching practice.

How you will learn

Over 14 months you will attend six workshops. Each includes technical content and skills-based learning.

What you will learn from this programme

- You will understand the key technical, physiological, psychological and sociological factors that are key to developing sporting talent.
- You will learn the importance of personal and inter-personal skills associated with creating, developing and sustaining effective coach/athlete relationship as your athletes transition from talented performer into a World Class Programme environment
- You will learn appropriate planning and goal setting skills including personalised training, competition and recovery plan to ensure your swimmers are able to set appropriate short and long-term targets.
- You will be able to confidently self-reflect and critically review your coaching practice and behaviour as this is an important component of the programme.
- You will develop leadership, communication, listening and questioning skills.
- The relationship between you and the assigned mentor is a critical component to the programme as this will maximise your learning opportunities.

Programme Structure

1. Getting to know yourself better... Insights

We are keen to understand the personality types and traits of selected coaches to inform and support the way we interact with each other. We will be using 'Insights Discovery' as a personality-profiling tool.

The profiling information will be used to support each coach individually and within a team context in the following ways, by understanding:

- self
- others
- the best way to motivate
- the best methods of communication.

2. Workshop programme

Your learning programme will be a blend of technical knowledge and skills-based learning.

These will be delivered through a mixture of tutorial sessions, presentations, case studies and action-based learning exercises, to make each workshop as interactive as possible

Each workshop will include:

- development of non-technical coaching skills, self-awareness and reflective practice
- knowledge and understanding in the technical, tactical, physical and psychological aspects of coaching age group and youth swimmers
- an opportunity to listen, reflect and discuss key philosophical coaching messages within the World Class and England Talent swimmer and coach environments.

3. Mentoring support

A key component of the programme is the individualised support you will receive from a dedicated mentor.

Your mentor will help, listen and support you as you enhance your abilities to perform effectively both inside and outside of the sporting environment. These skills include:

- coaching skills, behaviours and practice
- leadership
- problem solving
- personal effectiveness
- interpersonal skills
- reflective practice.

4. Community of learning

You will be encouraged to share your knowledge and experience with your peers on the programme to check, challenge and support your Coach 2024 journey.

5. Pre and post workshop learning

You will be expected to undertake a short reflective piece of work after each workshop.

A number of workshops will have preparation work assigned to them.

Criteria

Who is this programme suitable for?

- Coaches who have consistently placed swimmers on the England Talent Pathway Programmes (phase 2 and 3) over the past three years.
- Coaches who are predominantly coaching age group and youth swimmers who are performing at the upper levels of the England Talent Pathway.
- Coaches who have the appetite, willingness and desire to learn and improve their competence in the art of coaching.
- Coaches who are UKCC Level 3 (Senior Coach) qualified or who are working towards the certificate in 2018/2019.

Duration

14 month learning programme: October 2018 – December 2019.

Number of places available: 15

Costs

Each successful applicant will be expected to contribute £300 towards their Coach 2024 programme.

Swim England will arrange and pay for all costs associated with accommodation and meals for each workshop. However you will be responsible for making your own travel arrangements and covering the costs of travel to each workshop and mentoring session.

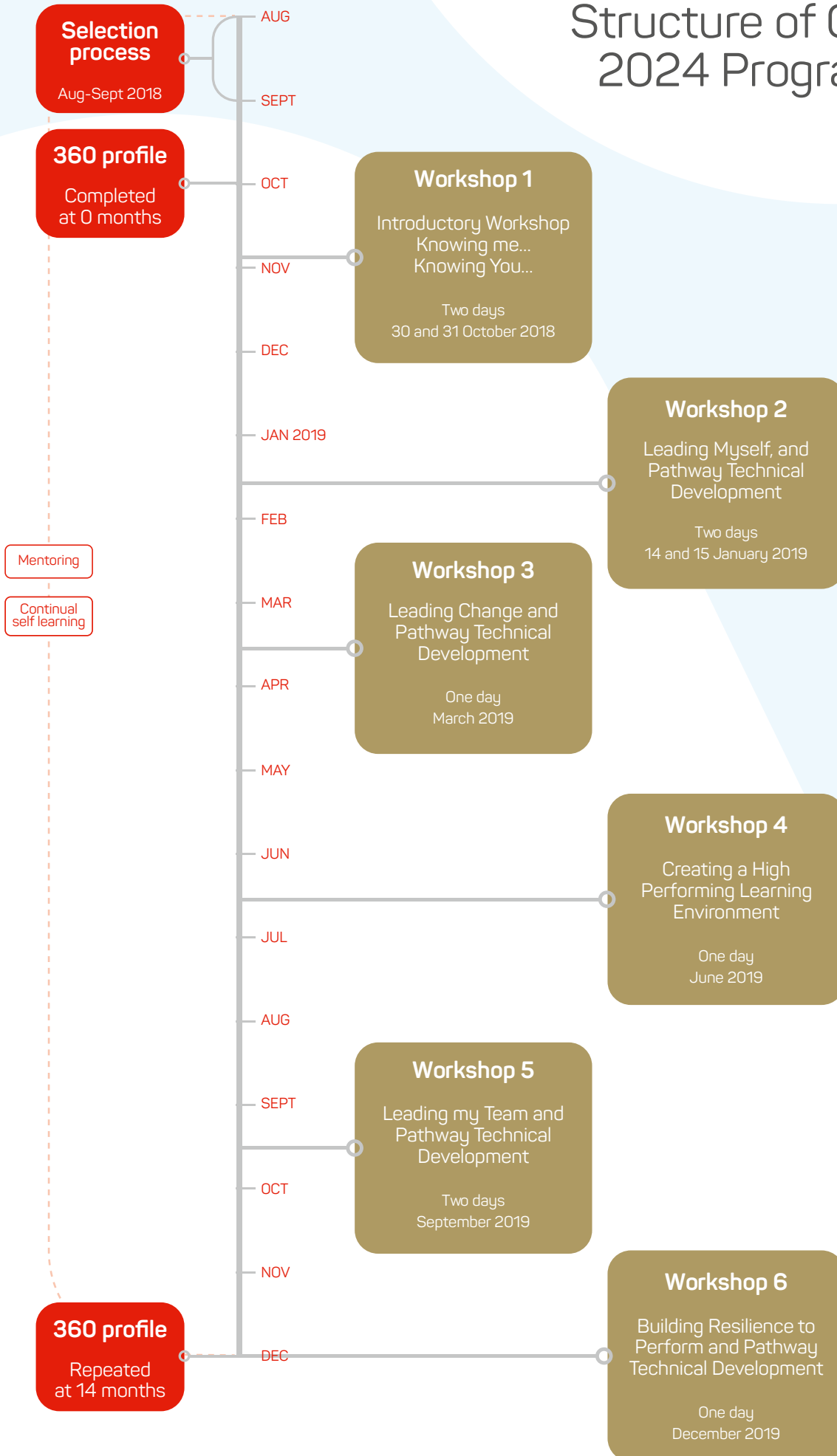
How to apply

Submit an Expression of Interest Form outlining key information and demonstrate why you want to be involved in the Coach 2024 Programme.

Click here to download an application form and submit to: SwimmingTalent@swimming.org

Closing date for completed applications is Monday 6 August 2018.

Structure of Coach 2024 Programme



Coach Development Pathway

