



**Olly Tipping,
Head Coach**



**Young coach programme, 2023/24,
Amelia, Chris and Hannah**



Case study: Long Eaton SC

Working hard to live our club values: Young Coach Programme

In 2016, we set up our first Junior Coach programme to offer swimmers the opportunity to become qualified coaches and access mentoring from our head coach. Since then we have run several similar programmes, with our most recent cohort of three young people having their qualification paid for by the club, in return for 1 hour volunteer coaching or teaching per week.

Parents and swimmers are hugely supportive of the initiative, seeing the benefit of the increased employability skills, developing confidence to lead and improved CV, all whilst still being involved in the sport they love. Long Eaton SC also offer swimmers the chance to become qualified lifeguards in a similar scheme, as well as a new young volunteer initiative for 12 – 16 years olds.

The real benefits came when Long Eaton SC found themselves with vacancies in the coaching team and among the applicants have been ex-swimmers who have taken part in the Junior Coach programme over the years. We are extremely proud that now 100% of our coaching team and 80% of our teachers are now our own ex-swimmers.

Siobhan Morton, Long Eaton Swimming Club