



What a Swim Australia™ Teacher of Competitive Swimming*¹ and a Bronze Coach can and cannot do!

The **Swim Australia™ Teacher of Competitive Strokes (SAT CS)** has the competence to assist with the planning, organizing, delivery and evaluation of sessions **developing the technique of novice swimmers**. A nominal 30 hours of self-paced, CD ROM based study is undertaken prior to attendance at the Practical Induction course covering *Freestyle, Breaststroke, Backstroke, Butterfly, Individual Medley and Squad Management*. After the Practical Induction course, Students must undertake a nominal 30 hours supervised pool deck experience. Accreditation is valid for 4 years.

The **Bronze Licence Coach** has the competence to **promote participation in competitive swimming and to plan, conduct, evaluate and modify training programs** to enable swimmers to compete at inter club/district and encouragement level meets. Accreditation is valid for 4 years with current general or premium membership of ASCTA. The course covers *Being an effective swimming coach, Leadership and Management, Effective Communication, Risk Management and Legal Issues, Mental Preparation, Fitness & Training, Practice & Competition drills and Efficient Stroke Development*. A Bronze Coach is the “entry level” for competitive coaching accreditation.

The Swim Australia™ Teacher of Competitive Swimming accreditation (or equivalent) is a prerequisite for gaining Bronze accreditation. A SAT CS delivers programs to **swimming squads** to novice swimmers and learners transitioning from learn to swim with the primary focus on improving stroke technique via drills and skill development and teaching starts, turns and finishes. Distances of drills and swims would usually be between 25metres and 200 metres with sessions usually 1-3 times per week.

A Bronze Coach understands energy systems, writing training programs and preparation of competition and has a greater depth of stroke knowledge than a SAT CS and delivers programs focused on improving strength, conditioning and refining strokes, starts, turns and finishes to **training squads**. Both can work unsupervised within their scope of competence. The distance of drills and swims would often be 400 metres and beyond with short distance repeats also featuring with sessions up to 11 times per week.

A SAT CS may also assist a Bronze Coach by delivering training programs written by the Bronze Coach including when the Bronze Coach is absent such as for competitive commitments away from the training pool. (indirect supervision)

Like driving a car, you should be “licenced” for the area in which you are operating, otherwise it is questionable whether your insurance will cover you.

¹ This is **not** a basic swimming and water safety Teacher. May include similar accreditations with the same competencies.