

MST COACHES PD WORKSHOP

SATURDAY 1 & SUNDAY 2 NOVEMBER 2025

DK Hobart Aquatic Centre



Beyond the Basics: Building Technique for Mastering Success

GUEST COACH: AMANDA TEH

Head Coach - Surge Aquatic | Program Manager - The Y Hobart



Amanda is Head Coach of Surge Aquatic where she coaches both masters and age group swimmers. She also heads up the learn to swim program at the Y, Hobart.

Amanda's love of water led her to study Marine Biology at university, but the passion for swimming that she developed as a junior swimmer has never left her. She brings to swimming a scientific and structured approach for masters and younger swimmers alike.

SATURDAY 1 NOVEMBER

10.30 am –
1.00 pm

- 10.30 – 11.30: Theory: Building stroke fundamentals
- 11.30 – 12.30: Practical: Observe stroke correction in practice
- 12.30 – 1.00: Q&A and wrap-up

SUNDAY 2 NOVEMBER

10.00 am –
12.30 pm

- 10.00 – 11.00: Theory: Programming stroke development into set writing
- 11.00 – 12.00: Building the fundamentals of inclusive programming
- 12.00 – 12.30: Q&A and wrap-up

NOTES:

- The workshop is offered to MST current accredited coaches, program leaders, trainee coaches, coaches re-accrediting, and those who will be starting their training soon.
- Numbers are limited to 20 and ALL participants will be current members of MST.
- Payment of \$25 on registration through our website by Sunday 26 October: [Merchandise](#)
- Any unallocated spaces will be made available to swimmers on a first-in-first-served basis.
- Coaches can earn 2 PD points for reaccreditation per session.
- If participating in the practical sessions please bring your swim equipment - fins, snorkel, kickboard.