

# Masters Swimming Tasmania Policy

## Developing our Coaches

Reviewed June 2023



**MST Vision: Masters Swimming Tasmania will inspire and support adults in Tasmania to swim for life.**

**MST Mission: To facilitate a network of clubs in Tasmania that encourage and sustain adults, regardless of ability, to swim regularly, to improve their general well-being.**

**MST Strategic Objective 1: To deliver a range of high-quality training programs to support our clubs, coaches, technical officials, volunteers and members.**

### MST Aims:

- Improve the availability and quality of coaching within MST.
- Ensure currently qualified coaches in all our clubs conduct integrated training programs for members of all swimming capabilities.

Coaches are an incredibly important part of Masters Swimming and gaining accreditation as a Masters Swimming Club Coach can be a rewarding personal experience as it will give you the skills to provide coaching at your club and guide your swimmers towards their competitive and fitness goals. Follow the link to find out how to become a MSA Swimming Club Coach <https://mastersswimming.org.au/club-coach-accreditation/>

It is MST policy to encourage members to become qualified coaches and to ensure that all clubs have sufficient coaches to supervise all training sessions. **By 2024 all MSA coaches will need to be qualified.**

### MSA Club Coach Accreditation

The MSA Club Coach Accreditation Course provides candidates with basic coaching knowledge and skills training to be an effective adult swimming coach. **For requirements of the course – refer to <https://mastersswimming.org.au/club-coach-accreditation/>**

The MSA Club Coach Accreditation Course and the Professional Development Course are open to anyone from any organisation, anywhere in the world, who wishes to gain skills in adult coaching.

Further, we encourage prospective and current coaches to take advantage of any opportunities that may be available through Swimming Tasmania clubs, coaches and other organisations such as ASCTA and Swim Australia.

*The Branch will contribute to the cost of individuals attending MSA or similar coaching courses and gaining qualifications. The extent of this sponsorship is to be determined on a case-by- case basis by the Finance Committee. The Branch will also reimburse the cost of coaches undergoing CPR courses/refresher training.*

In addition, the Branch may conduct coach development workshops, up to three per year, for qualified and aspiring coaches. These workshops will tackle a range of coaching subjects such as designing programs, methods of training, energy systems, drills and technique development. The workshops will also provide an opportunity for coaches to compare notes, discuss matters of general interest and encourage aspiring coaches to undergo formal training.

Clubs are encouraged to tap into their local resources for coaching in complementary disciplines such as dry land warm up and stretching exercises, sports nutrition and open water swimming.

**MST Coach Development activities may include but not are limited to:**

- Provide and sponsor professional development opportunities for coaches including access to MSA coach courses and local coach workshops. Masters Club Coach Course sponsorship is based on two candidates for the Branch per year, in order to ensure that each club has at least one qualified coach and up to two qualified coaches.
- Conduct up to three coach workshops per year.-
- Encourage attendance at MSA Coach Development workshops both online and face-to-face.
- Coordinator of Coaching and Education or a delegate to attend club training sessions to review coaching arrangements and support coach candidates.
- Coordinator of Coaching to identify mentors for coaches and coach candidates.
- Coordinator of Coaching to establish a ‘recognition of achievement’ program for coaches.

**Recognizing Our Coaches**

MST coaches are an asset to the Branch. In recognition of their qualifications and contributions to the training and development programs they provide to their clubs the Branch will, subject to the availability of funds:

- Assist in covering the costs of accreditation and CPR certification as set out in this plan (above).
- Provide each coach with an MST branded Coaches top in a design approved by the Branch.
- Provide each club with up to two stopwatches which can be issued to their coaches on a loan basis for the period the accredited coach/s provide coaching services to their club.

Policy approved on 7 June 2023



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Policy End