

## Coaches' course.

This course uses both pool & workshop sessions to deliver as much information as possible to coaches around the fundamentals of a Freestyle stroke & drills we used to facilitate this. Using both live pool demonstrations & video footage, there will be time to discuss focal points & knowledge that all swimmers will require in their technique to get the most out of their Freestyle.

Our special guest Ian Armiger will also be sharing his knowledge, experience, and don't forget the enthusiasm, around The Importance of the Coach - Athlete Relationship!

**Date:** Saturday 15th April 2023

**Location:** Loughborough University

**Aimed at:** Club coaches

**Price per person:** £60 - Includes a day of interactive CPD and any handouts, welcome coffees / teas / biscuits, & a course certificate.

**Deliverers/Speakers:** [Ian Armiger](#) - professional swimming coach, former Director of Swimming at Loughborough University, Great Britain Team Head Coach, and Olympic coach.

[Swim Swift Elite](#) (Joe Roebuck & Amy Smith). 2012 Olympians & now directors at Swim Swift Elite.

### Schedule:

<u>Start time</u>	<u>End time</u>	<u>Duration</u>	<u>Activity</u>	<u>Location</u>
9.30am	9.45am	15 minutes	Welcome & Coffee	Netball/Badminton Centre
9.45am	10.30am	45 minutes	Fundamentals of Freestyle video footage.	Netball/Badminton Centre
			Break & make way to pool	
11.00am	12.30pm	90 minutes	Technical pool session - Live demonstrations	Pool
12.30pm	1.00pm	30 minutes	Lunch - <b>Please provide your own</b>	
1.00pm	2.30pm	90 minutes	Ian Armiger - Workshop & Q+A	Pool seminar room
			Award certificates. Feedback forms.	