



Braunstone Swimming Club Club Coach Philosophy statement

Braunstone Swimming Club is one of only a few clubs in Leicestershire that runs both a Learn to Swim scheme as well as Skill Development for the local community, both accredited with Swim21. We adopt different approaches to these two aspects of swimming.

Learn to Swim Scheme

This scheme aims to attract youngsters from all sections of the local community and introduce them to swimming. We actively adopt the ASA National Teaching Plan Scheme (NPTS) and follow their awards scheme covering Stages 1-7 incorporating skills and stroke development. The Plan has clearly defined criteria based on all areas of aquatics. Within each level emphasis is based on correct technique, the highest level of water confidence and skills acquisition. On achievement of all criteria, the swimmer is able to progress onto the next stage. The Club is committed to promote best practice in a safe, fun and controlled environment.

The success of this scheme is largely due to the commitment and skill of Braunstone's team of qualified staff and the opportunities the club offers to young swimmers. We offer a progression route onto the Improvers Squad in Skills Development for those swimmers who reach the required level. There is the opportunity to take part in a sponsored swim for the Kelloggs Frosties ASA Award Scheme distance badges. All swimmers can enter the GB Challenge Cup – a gala that introduces swimmers to competitive swimming.

Skill Development

This scheme aims to provide the opportunity for individuals to develop and improve their swimming within a competitive environment. My main coaching philosophy is to focus on the individual swimmer with a clear competitive outlook, which I believe is key to success. I appreciate that not all participants wish or are able to perform at the highest level, so have created two pathways – one for the club swimmer, and one with extra water time for high achievers. ALL swimmers are encouraged within either pathway.

My main target is to become the best performing club in the City and County with swimmers achieving at County, Regional and National level.

Success for the individual promotes success for the club. The successful individual becomes the positive role model that then lifts club expectations and standards. I believe that a swimmer gets out of swimming what is put in, in respect of commitment to training, regular attendance, maximum effort and competition. I see the teaching and coaching staff have an important role to play in this. We will motivate and enable ALL swimmers in either pathway to progress to the highest possible level to fulfil their ambitions. This will be achieved by developing a strong qualified coaching team to deliver quality in our training sessions. Our main focus is to develop fitness, skill and technical ability, and stamina through distance training. We actively encourage those who reach the standards required to progress to The City of Leicester SC.

Signed:

Stuart Henson

Club Coach

Date: 14/4/2011