

OUR PRESENTERS



LUKE DAVIS

Director of Advancement,
Activities & Aquatics
Lincoln School



AMY GRIFFITH

Training Officer
Swimming Queensland



LAIA COMA

Swimming Coach
Sports & Activities | UWCSEA



TOBY ALTREE

Founder
Imprimis Performance



EDANA KEIJDENER

Sports Performance Coach
Imprimis Performance



GARY TONER

Executive Officer
SWIM Coaches & Teachers Australia



BRENDON WARD

CEO
SWIM Coaches & Teachers Australia



JOANNE EFENDI

Projects & Events Officer
SWIM Coaches & Teachers Australia



RHIANNON KOCMAR

National Education Manager
SWIM Coaches & Teachers Australia

LINCOLN SCHOOL

Lincoln Marg, Kathmandu, Nepal, 44614

REGISTER TODAY

[SWIMCON.ORG/INTERNATIONAL](https://swimcon.org/international)

THURSDAY 6 - SATURDAY 8 MARCH

SAT • LIFEGUARD • FOUNDATION COACH • SWIMMING AUSTRALIA DEVELOPMENT COACH

**REGISTER ONLINE AT:
SWIMCON.ORG/INTERNATIONAL**

COSTS:

3 Day Coaching Conference Package Thur-Sat USD \$1000
(includes Foundation Coach Course, Development Coach Course, Advanced Coaching Stream)

2 Day Coaching Conference Package Fri-Sat USD \$750
(includes Development Coach Course, Advanced Coaching Stream)

1 Day Coaching Conference Package Sat USD \$400
(includes Advanced Coaching Stream)

STAND ALONE COURSES:

SAT Foundation Coach Development Coach	USD \$400
Pool Lifeguard (Full course)	USD \$300
Pool Lifeguard (Update)	USD \$150

OPTIONS & INCLUSIONS

Conference delegates may choose to attend one, two or three days of the conference.

Pool-based as well as lecture-based presentations are on offer. Attendees may mix and match whatever sessions they choose. Additional courses must be booked & registered separately to conference schedule.

Attendees wishing to gain qualifications in any of the courses on offer will receive course resources and must attend the course workshop.

Please book early for the courses as online theory needs to be completed pre-course.

SPEAKERS AND TOPICS SUBJECT TO CHANGE.

THURSDAY 6 MARCH - MEET & GREET 6PM

Nepali Ghar Hotel Pvt.Ltd
Amrit Marg-26, Thamel, Kathmandu, Nepal

CONFERENCE & COURSE PROGRAM

DAY 1 THUR 6 MARCH

TIME	POOL LIFEGUARD DAY 1 - Amy Griffith	FOUNDATION COACH - Rhiannon Kocmar
8.00 - 8.30	Registration	
8.30 - 10.30	Pool	Classroom Theory
10.30 - 11.00	Morning Tea	
11.00 - 12.30	Pool	Classroom Session planning
12.30 - 1.30	Lunch Break	
1.30 - 3.00	Classroom Finish 4:00pm	Pool 1.30pm - 3.00pm
3.00 - 4.00		Classroom 3.00pm - 4:00pm

DAY 2 FRI 7 MARCH

TIME	PLG DAY 2 + PLGU Amy Griffith	SWIMMING AUSTRALIA DEVELOPMENT COACH Gary Toner
8.00 - 8.30	Registration	
8.30 - 10.30	Pool	Classroom
10.30 - 11.30	Morning Tea	
11.30 - 12.30	Pool	Classroom
12.30 - 1.30	Lunch Break	
1.30 - 3.00	Classroom Finish 4:00pm	Pool
3.00 - 4.30		



DAY 3 SAT 8 MARCH

TIME	ADVANCED COACHING STREAM	COURSES - SAT Rhiannon Kocmar
8.00 - 8.30	Registration	
8.30 - 10.30	Round tables Discussions	Pool
10.30 - 11.00	Morning Tea	
11.00 - 11.45	Strength and Conditioning Programing - Imprimis Performance (Zoom session)	Pool
11.45 - 12.30	Split Session Workshop Strength and Conditioning in Gym - Luke Davis Planning for Success - Gary Toner	
12.30 - 1.30	Lunch Break	
1.30 - 2.15	How you can get your swimmers to the highest level What is involved? - Luke Davis	Pool
2.15 - 3.00	Breaking Barriers - Supporting and Developing Female Coaches Laia Coma	
3.00 - 4.30	Pool Session Skills, Drills and Progressions	



PHOTO ID is required for ALL COURSES. All SWIM Australia Teacher International accreditations are valid for 3 years from the date of issue, except lifeguard and CPR.

SWIM AUSTRALIA TEACHER

Participants will spend most of the day in and out of the water.

Participants will receive an International SWIM Australia Teacher Certificate on completion.

To complete the SAT course:

- Online Theory component
- Face to Face Practical workshop
- On the job training
- Competency Assessment

INTERNATIONAL LIFEGUARD CERTIFICATE

Certificate awarded on completion of:

- Online Theory Modules
- Practical Workshop Induction
- On the job Training
- Competency Assessment
- Additional course assessment may be needed with video assessment

Once this qualification has been attained, a refresher will need to be carried out every 12 months.

You must hold a valid first aid from your country of residence as a prerequisite and submit that as part of the course registration.

Students who have successfully completed this course will receive an electronic SWIM Australia Pool Lifeguard certificate.

FOUNDATION COACH COURSE

This is the introductory coaching course for mini squads and those moving towards competitive swimming.

Please bring a stopwatch for this workshop.

Participants will receive an International SWIM Australia Foundation Coach Certificate on completion.

Participants are expected to be able to get in the water to complete tasks, participate and demonstrate.

To complete the Foundation Coaching course:

- Online Theory component
- Face to Face Practical workshop
- On the job training
- Competency Assessment

*The course is equivalent to a ASCA Level 1 & 2

SWIMMING AUSTRALIA DEVELOPMENT COACH (WORKSHOP)

Please bring a stopwatch for this workshop.

To complete the Development Coaching course:

- Online Theory component
- Face to Face Practical workshop
- On the job training
- Competency Assessment

This course is for coaches working already in coaching programs at development levels, and pre-requisites are required to register.

* The course is equivalent to a ASCA Level 3

* Coaches will receive the Swimming Australia Development Coaching qualification only (not an accreditation).

TO ACCESS OUR FULL
COURSE PROGRAM
SCAN HERE

