



**LOG BOOK G452**

**COACHING SWIMMING – MID BAND 1 – 26**

There is no content page.

Records of coaching over a three month period are present and 10 sessions are planned.

A scheme of work together with session plans, evaluations and risk assessments are present.

The DVD shows the candidate performing at a high standard.

Whilst there are risk assessments for each of the sessions, generic health and safety aspects are not really addressed other than in the coverage of health and fitness benefits.

There is coverage of child protection procedures but they lack a little detail. There is evidence of appropriate CRB clearance and First Aid qualification.

# Physical Education

## OCR Advanced Subsidiary GCE Unit G452

### Log book contents and authentication statement: Coaching

<b>Centre Number</b>		<b>Centre Name</b>	
<b>Candidate Number</b>		<b>Candidate Name</b>	

Please indicate below which activity is the focus of the coaching assessment to which this log book and authentication statement relates.

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Log book element required	Present? (please tick)
Record of coaching activities over a three month period	
Scheme of work with minimum 10 sessions including evaluations and risk assessments	
Accompanying DVD/CD-Rom record as per the criteria	
Details of health and safety issues relevant to the activity	
Details of Child Protection procedures in operation and evidence of CRB clearance	
Evidence of appropriate first aid qualification	

#### Assessment Band Descriptor which log conforms to

<b>Band 1:</b> A detailed and comprehensive log containing all the prescribed information is present	
<b>Band 2:</b> A detailed log containing all the prescribed information is present	
<b>Band 3:</b> A detailed log containing most of the prescribed information is present	
<b>Band 4:</b> A log containing some of the prescribed information is present	
<b>Band 5:</b> A log containing little of the prescribed information is present	
<b>Mark awarded</b>	Max 30

#### Authentication statement

I can confirm that this candidate has fully completed the coaching detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

<b>Name of instructor/teacher responsible</b>	
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<b>Signature</b>		<b>Date</b>	
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# A level PE

LEH Pool  
Assessment

Girls changing room

Fire  
Doors

Boys changing room

Floats

Phone

B  
e  
n  
c  
h  
e  
s

6

5

4

3

2

1

Shallow End- No diving

Lane Ropes

Safety rope

Doors to rest of  
the school

Flags

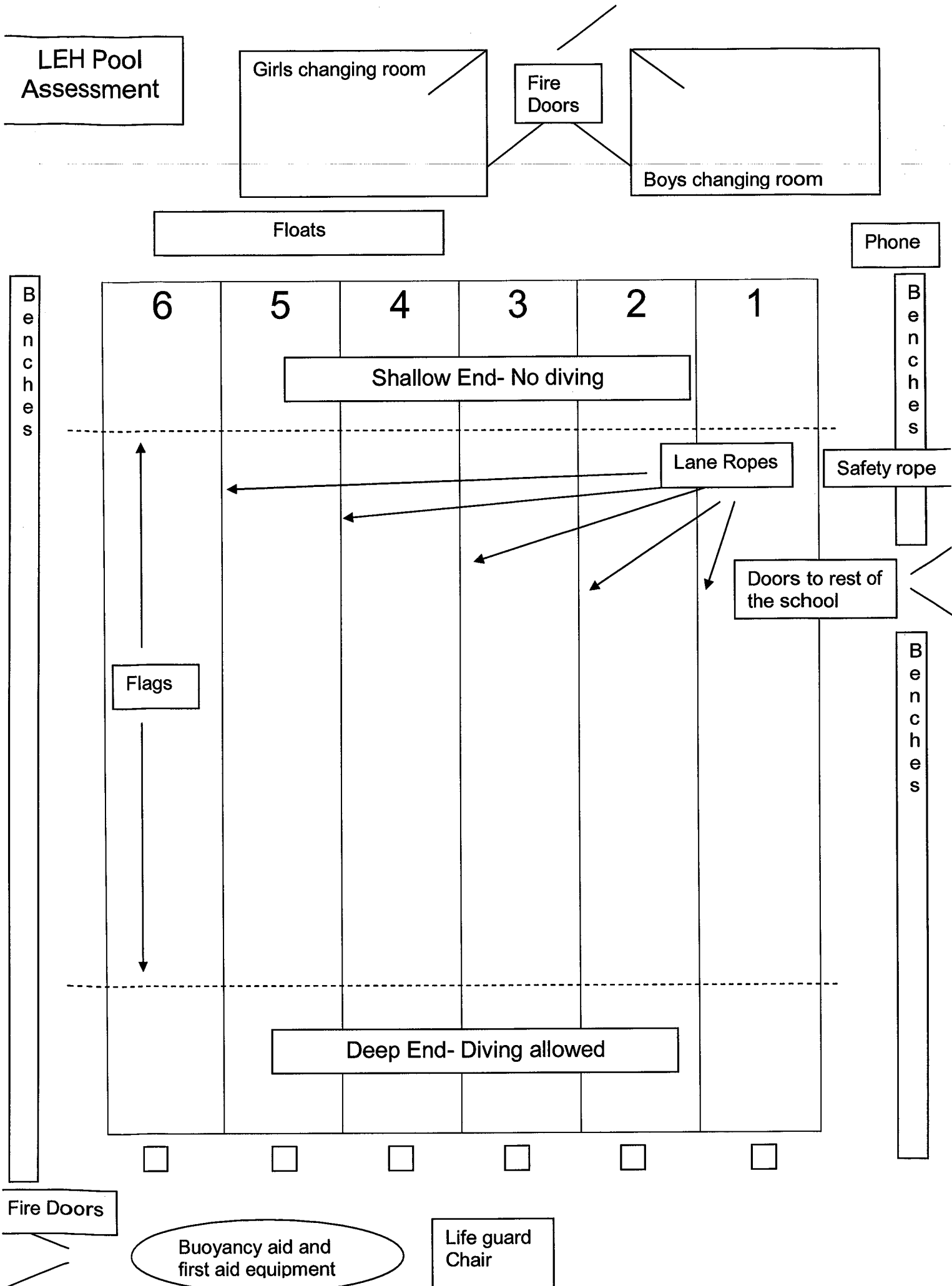
B  
e  
n  
c  
h  
e  
s

Deep End- Diving allowed

Fire Doors

Buoyancy aid and  
first aid equipment

Life guard  
Chair



### Health and safety issues

- Open wounds
- Contagious illnesses e.g. conjunctivitis
- Fungi infections
- Water quality
- Water temperature
- Air temperature
- No jewellery when in the pool
- Fire exits clear
- Equipment around the pool area
- Parents and other children watching on poolside
- Water bottles on side of pool

### Risk assessment: General

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safely when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else is around you	Coaches

## **Child Protection Procedures for all swimming sessions over the next 10 weeks**

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- All coaches on pool side are CRB checked
- All parents of the children have given permission for the children to be filmed/pictures taken
- Make sure there is written permission and verbal permission for the children to be filmed when making the coaching video
- The coach is in at all times making sure that the children are not exposed inappropriately (especially in breast stroke)
- Club welfare officer in place
- All coaches on poolside have appropriate child protection training necessary from the British Triathlon Federation
- Ensure that there is at least one coach on pool side who is First Aid trained throughout the session.

## Scheme of Work for 10 week Session Plans

Week	Plan	Coaching Points
1	Start to work on the improvement of strokes and introduce the different development techniques. Drills, mix stroke set.	-flat body for FC. - frog legs for breast stroke kick - Crocodile, monkey, mouse for BS arms.
2	Continue improving the stroke technique and introduce the correct timing of the FC stroke. Drills and small main set to think about the timing of stroke	-see hand twice when breathing - $\frac{3}{4}$ catch up-timing -
3	Improve the technique and timing of the stroke and start to increase the endurance of the athletes. Drills, Main set more focused on FC and building up the distances.	- $\frac{3}{4}$ catch up- timing -pace yourself - swim at a steady pace and get faster towards the middle/end
4	Continue to look at the stroke technique, high elbows and evaluating own stroke and control the stroke while getting tired. Drills, longer distances and breaks of different strokes in between. Less of a rest between each set.	- Timing - high elbows- to the sky-shark fins - floppy feet and long legs
5	Work on endurance and maintain a good stroke to make sure it stays efficient throughout the set. Drills, long distances at a faster pace with a few breaks. Starting to introduce tumble turns as well.	- pace yourself - breathing to the side-half face in, half face out -keep hands in front of you on catch up -timing- see hand twice
6	Work on timing and breathing while doing a more of an endurance set. Longer drills, longer main set with greater speed but thinking about the timing and breathing while doing the stroke. Enough gaps to allow demonstrations and explanations between sets.	- see hands twice - half face in and half face out of water -look at the wall - make a fish mouth when breathing - $\frac{3}{4}$ catch up for timing
7	To improve the endurance to a much greater level. With less rests but still time for improvement. Shorter drills set, but reminding them of the correct techniques. Longer main set with a pyramid to go up and down.	- pace yourself - timing- see hand twice, $\frac{3}{4}$ catch up -tumble turns- arms stay behind you, only body that rolls
8	To keep up the endurance previously done in the sessions and reinforce the pacing. To think about the kick of the stroke to help them be more efficient in the water (picked up from looking at their stroke technique in previous week). Drills longer set to try and improve kick. Main set- shorter main set but still keeping the distance quite high.	- floppy feet, long legs - even kicking, little bubbles on the top of the water -breathe every 3 so you can swim for longer (pacing) (reduces O <sub>2</sub> debt).
9	To keep the stroke technique good and remind them of the correct way of swimming while swimming much greater distances	- timing- $\frac{3}{4}$ catch up, see hand twice - pacing

	continuously. Drills- long set to keep them thinking about improving their own stroke. Main set- longer with fewer reps so less rest. Making the distances higher, starting to prepare them for their race distance in the summer season.	-breath every 3 strokes - look at the way when breathing - long strokes, gliding to other end of pool
10	To keep up the endurance and keep the timing and technique previously worked on good. Tumble turns at each end of the lane. Drills- longer drill set to maintain the stroke development. Main set- much longer main set with fewer breaks. Distance swum continuously increased dramatically as well.	- pace yourself -timing - floppy feet - gliding through the water - pull right back to the leg -Rotate the body- not disco dancing.



# Record of Attendance for 10 weeks

	Date	Signature-Attendance	Comments
	17-11-09		TEST
1	24-11-09		
2	1-12-09		
3	8-12-09		
4	15-12-09		
5	22-12-09		
6	29-12-09		
7	5-1-10		
8	12-1-10		
9	19-1-10		
10	26-1-10		
	2-2-10		TEST

## Weekly Register

Name	17/11/ 09 TEST	24/11	1/12	8/12	15/1 2	22/1 2	29/1 2	5/1/ 10	12/1	19/1	26/1	2/2/ 0 TEST
Rebecca W	/	/	/	/	0	/	/	/	0	/	/	/
Edward H	/	/	/	0	/	/	/	/	/	0	/	/
Rebecca N	/	/	/	/	0	0	/	0	/	/	/	0
Siana D	/	/	/	/	0	/	/	/	/	/	/	/
Lata P	/	/	/	/	/	/	/	/	/	/	/	/
Anusha P	/	/	/	/	/	/	/	/	/	/	/	/
Ciara L	/	/	/	/	0	/	/	/	/	0	/	/
Freya T	/	/	/	/	/	/	/	/	/	/	/	/
Ruby B	In lane below			/	/	/	/	/	/	/	/	/
Molly M	In lane below			/	0	/	/	/	/	0	/	0
Ollie S	0	0	0	/	0	0	0	0	0	0	0	0

## Risk Assessment- Week One

Carried out by: \_\_\_\_\_

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safety when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else it around you	Coaches

## Test-Before

**Age of Athletes:** 9-11

**Date:** 17-11-09

**Aim:** Test endurance of athletes and their stroke technique while swimming the endurance distance.

**Task:** Swim 10 lengths

**Endurance and technique rating:**

1-no improvement needed

5- Good but needs improvement

10-lots of improvement needed

Name	Distance (lengths)	Time	Arms stroke	Leg kick	Breathing	Timing	Efficiency of stroke
Rebecca N	10	5.55	7	5	5	7	7
Rebecca W	10	5.29	5	4	4	8	5
Edward H	10	5.50	6	4	5	7	7
Siana D	10	5.21	4	3	4	6	4
Freya T	10	5.49	6	5	5	8	6
Lata P	10	6.00	7	5	5	8	6
Anusha P	10	5.38	5	4	5	7	6
Ciara L	10	6.06	6	5	3	8	6
Ruby B	10	5.59	7	7	7	8	7

## Session Plan- Week 1

**Coach:** Holly

**Date:** 24-1-09

**Number in session:** 8

**Group age:** 9-11

**Specific needs:** None

**Ability:** Intermediate swimmers

**Venue:**

**Equipment needed:** Floats

**Safety considerations:** Other users, Slippery surface and equipment on poolside

**Session Goal:** Aim of session is to improve and introduce stroke development techniques

### Warm Up:

10  
Mins

2x 50m (4) - Front Crawl

1x 50m (2) - Backstroke

1x 50m (2) - Front Crawl

1x 100m (4) - Alternate Front, Back, Breast, Front

300m

**Drills:** 20 seconds rest between each

20  
Mins

1x 50m (2) – Front Crawl leg kick up/ full stroke Back

1x 50m (2) -Catch Up

1x 50m (2) -  $\frac{3}{4}$  Catch Up

1x50m (2) -Dragging Fingers

1x 50m (2) -Zip-Up/High Elbow

250m

**Main Set:** 20 seconds rest between each

20  
Mins

1x 100m (4) – Front Crawl- Med

1x 50m (2) Breaststroke

1x100m (4) – Front Crawl Fast

1x50m (2) - Backstroke

1x50m (2) – Front Crawl easy

350m

10  
Mins

**Cool Down/different activity:**

Diving

1x 100m (4) - Front Crawl from last dive

100m

**Total- 40 Lengths: 1000m**

## Evaluation

Did everyone enjoy themselves?

Yes, everyone in the group enjoyed themselves in this session.

Was your preparation thorough enough?

My preparation was through enough as I had all my equipment out and the set linked together.

What went well and why?

The group seemed to enjoy and understand the set well which made it enjoyable to teach. It meant that after each drill, they could try something else to help improve their technique.

What went badly and why?

Helping the group to be able to judge what their fast pace and their medium pace is hard and didn't work as well as it could have. They need to work on knowing how to pace themselves throughout the session.

Was the session objective achieved?

Yes, I introduced some of the different swimming drills that will be used over the next ten weeks to improve their stroke.

Did you get through the session plan as planned?

I did get through the session as planned; however, I need to make sure that I leave enough time for the contrasting activity at the end to help develop other skills other than just swimming like balance etc.

How did the group respond to instructions?

The group seemed to respond to instructions well as they were able to make improvements from feedback.

Did you encourage and motivate the group?

I did encourage and motivate the group. I did it this week by using a points system and rewarding points to those in the group who showed good improvement or effort.

How effective were the demonstrations used in the session?

The demonstrations were good but I need to make sure that everyone is following them in order to help them the best I can.

Did any unsafe situations occur? None

What action is needed to progress the session further?

I need to make sure that once these drills are achieved that they are made progressive in order to stretch the group further.

What changes would I make to the next session?

Make sure that there is time for the contrasting activity and the group are fully involved.

What did the swimmers like and dislike?

Liked: The demonstrations and discussions about the drills, disliked: Having only a short diving session at the end.

Injuries / accidents? None

Fitness and Health benefits:

Today's session has started the building blocks to the children's endurance. It starts to allow them to become stronger in the water and also improving their technique to help their efficiency of the stroke. Improving the children's endurance will mean that their body learns how to burn fat while doing exercise and therefore will help to control their body weight. It also means that their CV fitness level is going to improve as their heart and lungs will become stronger and more able as the sessions progress over the 10 week period.

## Risk Assessment- Week Two

Carried out by: \_\_\_\_\_

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safely when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else is around you	Coaches

## Session Plan- Week 2

Coach: Holly

Date: 1-12-09

Number in session: 8

Group age: 9-11

Specific needs: None

Ability: Inter-swimmers

Venue:

Equipment needed: Floats, pull buoys

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to improve stroke technique and think about the timing of the stroke.

10  
Mins

## Warm Up:

2x 50m (4) – Free Style

1x 50m (2) – Front Crawl

1x 50m (2) – Pull only

1x 100m (4) - Alternate Front, Back, Breast, Front

300m

20  
Mins

## Drills:

20 seconds rest between each

1x 50m (2) - Front Crawl

1x 50m (2) – Full Catch Up

1x 50m (2) - Breathing every 3

1x 50m (2) - Single arm Pull

1x50m (2) –  $\frac{3}{4}$  Catch Up

1x50m (2) - Front Crawl

300m

20  
Mins

## Main Set:

20 seconds rest between each

1x 100m (4) – Front Crawl fast with controlled stroke

1x 50m (2) – Breaststroke

1x100m (4) – Front Crawl fast- concentrating on timing

1x50m (2) -Backstroke

1x50m (2) – Front Crawl easy

350m

10  
Mins

## Cool Down/different activity:

Introduce Tumble Turns

1x 100m (4) – Front Crawl

100m

Total- 42 Lengths: 1050m



## Evaluation

Did everyone enjoy themselves?

Everyone in the session enjoyed themselves today and was motivated to completing the sessions to gain a sense of achievement.

Was your preparation thorough enough?

Yes, I thought my preparation was thorough enough as it allowed me to complete the sessions smoothly and use all the equipment stated in the sessions plan easily and safety.

What went well and why?

The children understood the concept of timing and how they need to control their stroke in order to get faster even though it takes a while to get to the associative stage of learning where they don't have to think about it.

What went badly and why?

Trying to introduce the tumble turns without a decent demonstration from another athlete was hard as they didn't all get the concept of how to do it with just demonstrations on the side of the pool.

Was the session objective achieved?

Yes, they have all made a start to improving their swimming technique. The timing and technique is going to be worked on more over the 10 week period to make it more automatic. This will mean they will use it in race situations.

Did you get through the session plan as planned?

Yes, but I had to cut the last four lengths down to 2 due to time spent on the tumble turns.

How did the group respond to instructions?

They group responded well to instructions and most of them remembered one important fact which they need to remember. This will be worked on continuously.

Did you encourage and motivate the group?

Yes, I encouraged the group by making sure that they all were able to try their best and pick up on strengths of their stroke as well as weaknesses.

How effective were the demonstrations used in the session?

The demonstrations were effective for the stroke technique as they showed them how it should look. However, it was more difficult when trying to demonstrate a tumble turn out of the water as you can't effectively show how it is suppose to look like.

Did any unsafe situations occur?

No

What action is needed to progress the session further?

They need to continue to work on their stroke development as well and start to increase their endurance while keeping a controlled and efficient stoke.

What changes would I make to the next session?

Make sure that there is time to complete the whole session. This means that the children need to be on time and we are then able to start straight away.

What did the swimmers like and dislike?

They liked learning how to do tumble turns and the concept of turning in a different way as many have seen the more able swimmers do this. They didn't like not having as many strokes put into the session (only really working on front crawl).

Injuries/accidents?

None

**Fitness and Health benefits:**

They have again added more to the building blocks of developing their endurance and fitness levels. It means that they have a great stamina not just in swimming but in other activities as well which they may take part in at school. Doing the exercise helps them to increase their confidence and makes them feel good as it reduces their stress levels in a non-aggressive way.

**Progression made:**

They have started to get the concept of stroke development and how this is going to help them with their swimming during races. I think it will make them more determined to correct their stroke now that they know the consequences of having an efficient stroke.

## Risk Assessment- Week Three

Carried out by: \_\_\_\_\_

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safety when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else it around you	Coaches

## Session Plan- Week 3

Coach: Holly

Date: 8-12-09

Number in session: 10

Group age: 9-11

Specific needs: None

Ability: Inter swimmers

Venue:

Equipment needed: Floats

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to continue to improve technique and introduce endurance

## Warm Up:

10  
Mins

2x 50m (4) – Free Style with dolphin kick starts

1x 50m (2) – Backstroke

1x 50m (2) – Front Crawl

1x 50m (2) - Alternate Front, Back, Breast, Front (Half Lengths)

250m

Drills: 20 seconds rest between each

20  
Mins

1x 50m (2) - Front Crawl kick

1x 50m (2) – Front Crawl arms only

1x 50m (2) - Breathing every 3

1x 50m (2) - Dragging Fingers

1x50m (2) –  $\frac{3}{4}$  Catch Up

1x50m (2) - Front Crawl

300m

Main Set: (work on the pacing of endurance)

20  
Mins

2x 25m (2) – Front Crawl

2x 50m (4) – Front Crawl

1x100m (4) – Front Crawl

2x 50m (4) – Front Crawl

1x50m (2) -Backstroke

400m

10  
Mins

Cool Down/different activity:

Diving

1x 100m (4) – Front Crawl from dive

100m

Total- 42 Lengths: 1050m

## Evaluation

Did everyone enjoy themselves?

I think everyone enjoyed this session. They all seemed to be interested in what they were doing and looked like they felt like they had achieved something.

Was your preparation thorough enough?

My preparation was thorough enough as I had all the equipment out ready and knew what I was doing before we started the set.

What went well and why?

The children being able to finish the set as well as continually looking at corrections in their stroke.

What went badly and why?

They could have had more time diving at the end so they improved this skill as well.

Was the session objective achieved?

Yes, I continued to correct the stroke in order to improve their technique as well as making the distance they had to swim longer.

Did you get through the session plan as planned?

Yes, I got through the session as planned. But need more time on contrasting activity.

How did the group respond to instructions?

They group responded well to instructions, however not all took on everything that I said. The corrections will take a while to start having an effect.

Did you encourage and motivate the group?

I did encourage and motivate the group as much as I could in order to make sure they knew they were doing well and looked forward to continuing the set.

How effective were the demonstrations used in the session?

The demonstrations were effective however; I need to make sure that everyone can see them especially with quite a big group.

Did any unsafe situations occur? None

What action is needed to progress the session further?

Increase the distance that they are swimming while maintaining good technique,

What changes would I make to the next session?

Ensure that the session is run smoothly and all the aids are really necessary at the particular point.

What did the swimmers like and dislike?

The swimmers liked the progression of the set but thought that the diving was not long enough.

Injuries / accidents? None

Fitness and Health benefits:

It helps the children to develop a more efficient CV system while taking part in activities (not just swimming) and helps their bones and muscles to grow stronger. This reduces the chance of injury both in the present and in the future.

Progression made:

All of the children started to show an improvement of their endurance but it mainly is in their stroke technique even if they still need to be reminded of it while swimming.

## Risk Assessment- Week Four

Carried out by: Holly

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safely when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else is around you	Coaches
Water Temperature	L	Athletes	Reduce the amount of rest that the children have and if too cold, end the session.	Coaches



## Session Plan- Week 4

**Coach:** Holly

**Number in session:** 5

**Specific needs:** None

**Venue:**

**Date:** 15-12-09

**Group age:** 9-11

**Ability:** Inter-swimmers

**Equipment needed:** Floats, pull buoys

**Safety considerations:** Other users, Slippery surface and equipment on poolside

**Session Goal:** Aim of session is to develop stroke technique and practice controlling stroke when tired.

### Warm Up:

10  
Mins

2x 50m (4) – Front Crawl

1x 50m (2) – Backstroke

1x 50m (2) – kick only

1x 50m (2) – Pull only

1x 50m (2) - Alternate Front, Back, Breast, Front (Half Lengths)

300m

### Drills:

20 seconds rest between each

1x 50m (2) - Pull only

1x 50m (2) – Breathing every 3- Bilateral

1x 50m (2) - Catch Up

1x 50m (2) -  $\frac{3}{4}$  Catch Up

1x50m (2) – Dragging Fingers

1x50m (2) – 1-2-1

1x50m (2) - Front Crawl

350m

### Main Set:

20 seconds rest between each

1x 50m (2) - Backstroke

1x100m (4) - Front Crawl

1x50m (2) - Breaststroke

1x100 (4) - Front Crawl fast with controlled stroke

1x50m (2) - Front Crawl

350m

### Cool Down/different activity:

10  
Mins

Tumble Turns

1x 100m (4) - Front Crawl try and include Tumble Turns in last four

Lengths

100m

Total-44 Lengths: 1100m

# Evaluation

Did everyone enjoy themselves?

Yes, everyone enjoyed themselves in the session.

Was your preparation thorough enough?

My preparation was good enough as I had the set ready and all the equipment on poolside ready for use.

What went well and why?

The children really listened to what they had to do so we managed to get through the whole set and extra.

What went badly and why?

The children found the water really cold to swim in today so I had to reduce the amount of rest that they were getting in order to keep them warm.

Was the session objective achieved?

Yes, the aim of the session was achieved as we managed to increase the distance swam while maintaining good stroke technique.

Did you get through the session plan as planned? Yes

How did the group respond to instructions?

Very well, they were able to use all the instructions given to make their stroke more efficient.

Did you encourage and motivate the group?

I encouraged and motivated the group throughout the session.

How effective were the demonstrations used in the session?

The demonstrations were good as they helped the children to understand what they had to do visually.

Did any unsafe situations occur?

No

What action is needed to progress the session further?

Keep increasing the distance while maintaining the good technique.

What changes would I make to the next session?

If there is a low number, make sure the session doesn't go to fast.

What did the swimmers like and dislike?

They liked learning tumble turns but would have preferred to do them for longer.

Injuries / accidents?

None

Fitness and Health benefits:

They continued to improve their CV fitness as they are increasing the endurance. The session allowed them to have their 1 hour of exercise which will help them to sustain a healthy body weight and start to build up their muscles.

Progression made: the children were much more controlled with their stroke technique and thought about how they can make it more efficient as well as developing their endurance. The distance that they swam in this session was an increase from previous weeks so this shows that they are developing that aspect of swimming as well.



## Risk Assessment- Week Five

Carried out by: Holly

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safely when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else is around you	Coaches

## Session Plan- Week 5

Coach: Holly

Date: 22-12-09

Number in session: 9

Group age: 9-11

Specific needs: None

Ability: Inter-swimmers

Venue: \_\_\_\_\_

Equipment needed: Floats

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to work on endurance and controlling the stroke

**INCLUDE TUMBLE TURNS WHERE POSSIBLE**

Warm Up:

10  
Mins

2x 50m (4) – Front Crawl

1x 50m (2) – Backstroke

1x 50m (2) - Alternate Front, Back, Breast, Front (half Lengths)

200m

Drills: 20 seconds rest between each

20  
Mins

3x 50m (6) - Front Crawl kick

1x 50m (2) – Front Crawl Pull

1x 50m (2) - Catch Up

1x50m (2) – Dragging Fingers

1x50m (2) – 1-2-1

2x50m (4) - Front Crawl

450m

Main Set: 20 seconds rest between each

20  
Mins

1x 50m (2) - Front Crawl- slow (Tumble Turns)

1x100m (4) - Front Crawl- Fast with controlled stroke

1x50m (2) - Breaststroke

1x 100 (4) - Front Crawl (concentrating on arm action under water)

1x50m (2) - Front Crawl

350m

10  
Mins

Cool Down/different activity:

Relays

50m (2) Sprints each

1x 100m (4) - Front Crawl easy

150m

Total-46 Lengths: 1150m

## Evaluation

Did everyone enjoy themselves?

The children did enjoy themselves today as using the tumble turns that they had learnt, they felt that they had made an improvement.

Was your preparation thorough enough?

Yes, my preparation was through enough as I had all the equipment that I need on poolside and the session plan written with all safety checks done.

What went well and why?

The children seemed to find completely the set much easier and listened to all the instructions given to them very carefully in order to correct their stroke.

What went badly and why?

I needed to make sure that they left enough of a gap between each other while they were practising their tumble turns while swimming to avoid them having to wait for each other.

Was the session objective achieved?

Yes the session objective was achieved as they did longer distances and really concentrated on their stroke technique which showed in the speed.

Did you get through the session plan as planned?

Yes, we got through the session as planned.

How did the group respond to instructions?

The group responded really well to today's instructions. They took in all of the information and also helped by contributing their thoughts and ideas on how to make the best stroke possible.

Did you encourage and motivate the group?

I did encourage and motivate the group throughout the session.

How effective were the demonstrations used in the session?

The demonstrations really helped the children to see what they had to do properly so they fully understood.

Did any unsafe situations occur? None

What action is needed to progress the session further?

They need to continue raising the distance that they swim while maintaining the strokes.

What changes would I make to the next session?

Make sure that they got enough time in-between each other to make it safe and reduce time waiting while they did the tumble turns.

What did the swimmers like and dislike?

They like adding in the tumble turns as it's a new skill they learnt but would have preferred to have been in a better speed order to reduce waiting time.

Injuries / accidents? None

Fitness and Health benefits:

It continued to help them with the CV benefits making their bodies more efficient at using oxygen. Also means that they are able to have fun while doing physical activity and keeping their body weight controlled.

Progression made:

They were much more controlled in their stroke over a longer distance and space of time showing that they are improving gradually as the week's progress.

## Risk Assessment- Week Six

Carried out by: \_\_\_\_\_

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safely when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else is around you	Coaches

## Evaluation

Did everyone enjoy themselves?

Yes, they were all very positive about the session

Was your preparation thorough enough?

Yes, all equipment was out and session plan done before session.

What went well and why?

They really focused on their timing of the stroke and the difference to their stroke was clear from the start to the end of the session.

What went badly and why?

The session could have had more a longer continuous swim to see whether this affected their stroke timing that had just been worked on.

Was the session objective achieved?

Yes the session objective for this session was achieved

Did you get through the session plan as planned?

No, we ended up with not enough time diving at the end of the session, apart from that, the session all went to plan.

How did the group respond to instructions?

The group responded well to instructions but found it easier to remember what they had to do when they were asked questions about it.

Did you encourage and motivate the group?

Yes, I encouraged and motivated the group throughout the session

How effective were the demonstrations used in the session?

The demonstrations were really helpful to show them what the drills were suppose to look like and for some, helped them to remember what they had to do while swimming.

Did any unsafe situations occur?

None

What action is needed to progress the session further?

Need to continue improving their stroke so that it is permanent at whatever distance they do.

What changes would I make to the next session?

Make more time for diving at the end of the session

Injuries / accidents?

None

Fitness and Health benefits:

Continued to increase muscle strength and endurance so that injuries are less likely to occur while taking part in different physical activities.

Progression made:

Their strokes became a lot more efficient in the water and their timing was improved greatly. This needs to be reinforced weekly however.



Session Plan- Week 6

**Coach:** Holly  
**Number in session:** 9  
**Specific needs:** None  
**Venue:**  
**Equipment needed:** Floats  
**Safety considerations:** Other users, Slippery surface and equipment on poolside  
**Session Goal:** Aim of session is to work on timing and breathing as well as endurance

**Date:** 29-12-09  
**Group age:** 9-11  
**Ability:** inter-swimmers

Warm Up:

10  
Mins

2x 50m (4) – Front Crawl  
1x 50m (2) – Front Crawl kick  
1x50m (2) - Backstroke  
1x 50m (2) - Alternate Front, Back, Breast, Front (half Lengths)  
250m

Drills: 15 seconds rest between each

15  
Mins

2x 75m (6) - Front Crawl  
1x 50m (2) – Dragging Fingers  
1x 50m (2) - Catch Up  
2x50m (4) –  $\frac{3}{4}$  Catch Up  
1x50m (2) - Bilateral Breathing  
2x50m (4) - Front Crawl  
500m

Main Set:

25  
Mins

1x 50m (2) - Front Crawl  
1x100m (4) - Front Crawl- Fast with controlled stroke  
1x50m (2) - Front Crawl  
4x 25m (4) - Front Crawl with speed (concentrating on arm action under water)

3x50m (6) - Front Crawl  
450m

10  
Mins

Cool Down/different activity:  
Diving

Total- 48 Lengths: 1200m

## Risk Assessment- Week Seven

Carried out by: \_\_\_\_\_

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safely when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else is around you	Coaches

## Session Plan- Week 7

Coach: Holly \_\_\_\_\_

Date: 5-1-10

Number in session: 9

Group age: 9-11

Specific needs: None

Ability: Inter-swimmers

Venue: \_\_\_\_\_

Equipment needed: Floats

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to improve endurance with controlled stroke

## Warm Up:

10  
Mins

2x 50m (4) – Front Crawl

1x 50m (2) – Backstroke

1x50m (2) - Front Crawl thinking about arm action

1x 50m (2) - Alternate Front, Back, Breast, Front (half Lengths)

250m

Drills: 15 seconds rest between each

2x 25m (2) - Front Crawl kick

2x 50m (2) – Kick/swim- half Lengths

1x 50m (2) - Catch Up

2x 50m (4) –  $\frac{3}{4}$  Catch Up

2x 25m (2) - High Elbow and Finger Drag

1x 100m (4) - Front Crawl

400m

Main Set: 15 seconds rest between each

1x 25m (2) - Front Crawl- fast

1x 50m (2) - Front Crawl (controlled stroke)

1x100m (4) - Front Crawl with Tumble Turns

1x 150m (6) - Front Crawl steady pace. Controlled stroke

1x100m (4) - Front Crawl with Tumble Turns

1x 50m (2) - Front Crawl dolphin starts

2x50m (4) - Front Crawl

600m

10  
Mins

Cool Down/different activity:

Treading water/ personal survival activities

Total- 50 Lengths: 1250



## Evaluation

Did everyone enjoy themselves?

Yes, the group really enjoyed this session

Was your preparation thorough enough?

Yes, all the equipment and session plans were out ready for the start of the session. I knew what the session was going to be about so demonstrations were also ready

What went well and why?

They were very keen to swim further in the session and didn't complain about doing the 6 lengths in the middle of the pyramid.

What went badly and why?

The drills are becoming a little bit repetitive for some of the children and as their strokes improve they are not so effective.

Was the session objective achieved?

Yes, the session objective was achieved

Did you get through the session plan as planned?

The whole session was completed and there was enough time for the personal survival activities at the end as well

How did the group respond to instructions?

The group responded very well to instructions and tried very hard to incorporate what was done in the last session to this session.

Did you encourage and motivate the group?

Yes, I did make sure that the entire group received encouragement throughout the session.

How effective were the demonstrations used in the session?

The demonstrations were not so effective this week as the main session was more on endurance rather than stroke technique and therefore they were not needed as often.

Did any unsafe situations occur?

None

What action is needed to progress the session further?

To keep increasing the distance while they maintain their stroke

What changes would I make to the next session?

Have longer time for the treading water at the end of the session as it is important for general water safety.

Injuries / accidents?

None

Fitness and Health benefits:

They were using their lungs much more tonight so it would have helped to them to start to build up their lung capacity and again make gas exchange more effective in the lungs to the blood.

Progression made:

They were able to swim for much longer distances while controlling their stroke so the timing session last week really helped their efficiency.

## Risk Assessment- Week Eight

Carried out by: \_\_\_\_\_

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safely when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else is around you	Coaches

## Evaluation

Did everyone enjoy themselves?

Everyone today enjoyed the session and were very positive

Was your preparation thorough enough?

Yes, I had everything that I needed and all the session plans and checks done

What went well and why?

The group were very controlled in the way that they were swimming and really tried hard to do their tumble turns at the end of each length.

What went badly and why?

The session didn't start on time as there were announcements to make at the start which meant we had less time to do the set.

Was the session objective achieved?

Yes the session objective was achieved.

Did you get through the session plan as planned?

No, as the session started late but we managed to do as much of the set as possible in the time we had.

How did the group respond to instructions?

They group responded very well to instructions and took in all the information so they all knew what they were doing.

Did you encourage and motivate the group?

I did encourage the group throughout the session so that they had lots of positive feedback.

How effective were the demonstrations used in the session?

The demonstrations in the session were effective especially as we had other strokes to think about as well. Rhymes also helped them to think out their limb movement.

Did any unsafe situations occur?

No

What action is needed to progress the session further?

To progress the session further I would add further distances into the main set and do less of the drills. I would however, maintain the discussion about a good stroke technique so that they are efficient.

What did the swimmers like and dislike?

The swimmers liked doing other strokes not just front crawl in the session. However they thought that all the drills are getting a bit repetitive.

Injuries / accidents?

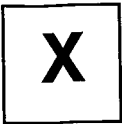
None

Fitness and Health benefits:

The group will find that their breathing will become easier and they will tire less easily if they continue doing these types of sessions. This will mean that they are more able to do other sporting activities effectively. This would be due to an increase in the amount of capillaries that line the alveoli in the lungs making gas exchange more efficient.

Progression made:

The children have progressed from last week as they are now able to do tumble turns while swimming longer distances most of the time. They also are more able to do the session without tiring as fast.



## Session Plan- Week 8

**Coach:** Holly  
**Number in session:** 9  
**Specific needs:** None  
**Venue:**

**Date:** 12-1-10  
**Group age:** 9-11  
**Ability:** inter-swimmers

**Equipment needed:** Floats

**Safety considerations:** Other users, Slippery surface and equipment on poolside

**Session Goal:** Aim of session is to improve leg kick and introduce pacing for endurance

### Warm Up:

10  
Mins

2x 50m (4) - Front Crawl

2x 50m (4) - Backstroke

2x 50m (4) - Front Crawl

1x 100m (4) - Alternate Front, Back, Breast, Front

400m

**Drills:** 15 seconds rest between each

15  
Mins

1x 50m (2) - Front Crawl Full stroke

1x 100m (4) - Front Crawl leg kick up/ full stroke Back

1x 50m (2) - Catch Up

1x 50m (2) -  $\frac{3}{4}$  Catch Up

1x50m (2) - Dragging Fingers

1x 50m (2) - Zip-Up/High Elbow

350m

### Main Set:

25  
Mins

1x 100m (4) - Front Crawl- Med

1x 50m (2) - Breaststroke

1x100m (4) - Front Crawl- Fast

1x50m (2) -Backstroke

1x100m (4) - Front Crawl- Med

1x50m (2) - Front Crawl Easy

450m

10  
Mins

**Cool Down/different activity:**

Tumble Turns

1x 100m (4) - Front Crawl

100m

Total-52 Lengths: 1300m

## Risk Assessment- Week Nine

Carried out by: \_\_\_\_\_

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safely when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else is around you	Coaches



## Session Plan- Week 9

**Coach:** Holly

**Number in session:** 7

**Specific needs:** None

**Venue:**

**Equipment needed:** Floats

**Safety considerations:** Other users, Slippery surface and equipment on poolside

**Session Goal:** Aim of session is to improve timing and tumble turns while swimming endurance distances.

**Date:** 19-1-10

**Group age:** 9-11

**Ability:** inter-swimmers

10  
Mins

### Warm Up:

2x 50m (4) - Front Crawl

2x 50m (4) - Backstroke

2x 50m (4) - Front Crawl

1x 100m (4) – Front with dolphin kick starts and tumbles

400m

20  
Mins

**Drills:** 15 seconds rest between each

1x 50m- (2) - Front Crawl Full stroke

1x 50m (2) – Single arm Pull

1x 100m (4) -Catch Up

1x50m (2) -Dragging Fingers

1x 50m (2) - Zip-Up/High Elbow

1x 100m (4) -  $\frac{3}{4}$  Catch Up. Working on timing of arm entry and take away

400m

25  
Mins

**Main Set:** 15 seconds rest between each

1x 100m (4) – Front Crawl- Med

1x 150m (6) - Front Crawl- concentrating on timing

1x 200m (8) - Front Crawl- Tumble Turns and dolphin starts

2x50m (4) – Front Crawl easy

550m

5  
Mins

**Cool Down/different activity:**

Diving

Total-54 Lengths: 1350m

## Evaluation

Did everyone enjoy themselves?

All of the participants of this session seemed very positive about the session.

Was your preparation thorough enough?

Yes, all equipment was out ready on poolside with the session plan.

What went well and why?

The group did very well with making the continuous distances longer than they were used to. They all seemed very happy with themselves about completing this distance as well as the rest of the set.

What went badly and why?

There wasn't enough time for the group to do diving at the end of the session.

Was the session objective achieved?

Yes, it was as they were able to tumble turn while doing the longer distances comfortably. This gave them good practice for the race situation.

Did you get through the session plan as planned?

Yes, but they didn't get enough time at the end of the session to do dives. This wasn't necessarily bad as they participants had a good session increasing their endurance levels.

How did the group respond to instructions?

The group listened well to instructions but at some points found it hard to concentrate as they were quite tired.

Did you encourage and motivate the group?

Yes I encouraged and motivated the group as much as possible while they were swimming their longer distances and also during the drills to correct them on their stroke.

How effective were the demonstrations used in the session?

The demonstrations were effective but were not as necessary for this main set as it was working on their endurance rather than technique.

Did any unsafe situations occur?

No

What action is needed to progress the session further?

To progress the session further again, the main difference would be to maintain the endurance levels and increase it slightly.

What changes would I make to the next session?

Next session I would reduce the number of drills and increase the amount of the main set.

Injuries / accidents?

None

Fitness and Health benefits:

The group's lung capacity is much larger and their CV fitness has improved greatly. This means that they are more able to maintain a higher level of sport for longer periods of time.

Progression made:

The group have improved hugely from the start of the 10 week period and are now able to maintain a decent stroke technique for much longer distances. This is very good as it mimics the race situation and will mean that their stroke is all together more efficient.

## Risk Assessment- Week Ten

Carried out by: \_\_\_\_\_

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safely when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else is around you	Coaches



## Session Plan- Week 10

Coach: Holly

Number in session: 10

Specific needs: None

Venue:

Date: 26-1-10

Group age: 9-11

Ability: Inter-swimmers

Equipment needed: Floats, pull buoys

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to maintain endurance and technique with tumble turns

## Warm Up:

10  
Mins

2x 50m (4) - Front Crawl

1x 50m (2) - Backstroke

1x 50m (2) - Front Crawl concentrating on the timing of arms

1x 100m (4) - Front with dolphin kick starts and tumbles

300m

## Drills:

20  
Mins

15 seconds rest between each

1x 50m (2) - Single arm Pull

1x 100m (4) - Catch Up

1x100m (4) - Breathing every 3 - Bilateral

2x 50m (2) - Front Crawl kick with dolphin starts

1x 50m (2) - Zip-Up/ High Elbow

1x 100m (4) - Bilateral Breathing and Finger Drag

450m

## Main Set:

15 seconds rest between each

1x 50m (2) - Front Crawl- concentrating on timing

1x 75m (3) - Front Crawl- Tumble Turns

1x100m (4) - Front Crawl controlled stroke

1x 150m (6) - Front Crawl concentrating on arm movement

1x 200m (8) - Front Crawl thinking about Breathing

3x25m (3) - Front Crawl easy

650m

## Cool Down/different activity:

5  
Mins

Tumble Turns

Total- 56 Lengths: 1400m

## Evaluation

Did everyone enjoy themselves?

Yes, everyone did enjoy the session

Was your preparation thorough enough?

The preparation as thorough enough as the session plan and equipment was ready at the start of the set.

What went well and why?

The groups interest in increasing the distance that they were swimming and being able to think about their stroke technique.

What went badly and why?

The group were tired when it came to doing the tumble turns at the end and they were not as efficient as they could have been if they practiced at the start of the set.

Was the session objective achieved?

Yes the session objective was achieved as all of the group were able to maintain a good stroke and do the longer distances without it being too hard for them.

Did you get through the session plan as planned?

Yes, we got through the session as planned as they got to practice their tumble turns at the end.

How did the group respond to instructions?

The group responded well to instructions and listened to what they had to do very carefully.

Did you encourage and motivate the group?

I did encourage and motivate the group during the whole session.

How effective were the demonstrations used in the session?

The demonstrations were not as useful in this session but they were good to remind the group what the stroke had to look like.

Did any unsafe situations occur?

No

Injuries / accidents?

None

Fitness and Health benefits:

The children have developed their bone and muscle strength, especially the upper body during this session and are now more able to do activities requiring a bit of strength. They are also able to maintain a steady level of exercise for longer.

Progression made:

They have made a large improvement from the last session and have shown that their endurance has become much better throughout the sessions. They are much more confident with their swimming and tumble turns and feel as if they have improved themselves.

## Risk Assessment

Hazards	Risk level H/M/L	Groups who are at risk	Action to reduce risk?	Who is responsible?
Entry to the pool	L	Athletes	Watch all athletes enter water	Coach
Entry to water via Diving	H	Athletes	Stop athletes diving into water	Coach
Swimmers of varying ability in the pool at One time	M	Coach, Athletes	Make sure the athletes are in a lane of their ability	Coach and head coach
Slippery surface	H	Coach, spectators, athletes	Stop running on pool side	Athlete, spectators and coaches
Exit of the pool	L	Athletes	Make sure everyone is safely out the water before leaving	Coach
Equipment on poolside when not in use	M	Coach, athletes	Put all equipment away or store it safely when not used	Coach
Other coaches, equipment around the working area	L	Coach, athletes	Be aware of where everyone else is around you	Coaches

## Test-After

**Age of Athletes:** 9-11

**Date:** 2-2-10

**Aim:** Test endurance of athletes and their stroke technique while swimming the endurance distance.

**Task:** Swim 10 lengths

**Endurance and technique rating:**

1-no improvement needed

5- Good but needs improvement

10-lots of improvement needed

Name	Distance (lengths)	Time	Arms stroke	Leg kick	Breathing	Timing	Efficiency of stroke
Rebecca N	10	-	-	-	-	-	-
Rebecca W	10	5.09	3	3	4	3	3
Edward	10	4.59	3	2	3	4	3
Siana D	10	5.10	2	3	3	2	3
Freya T	10	5.35	3	3	4	4	4
Lata P	10	5.35	4	3	3	3	4
Anusha P	10	5.39	3	3	4	3	3
Ciara L	10	5.12	3	2	3	3	3
Ruby B	10	5.27	3	3	4	4	3
Molly M	10	-	-	-	-	-	-
Ollie S	10	-	-	-	-	-	-

## **Evaluation:**

### **Improvements made:**

All of the swimmers that have taken part in this training scheme have improved massively in their stroke technique and consequently in their times as well. Every participant has improved on every aspect of their stroke and especially on their timing which has been a main focus throughout the sessions. Their times also show that their efficiency in the water have improved massively with every swimmer reducing their times. This has shown that by doing the right drills repeatedly and making the most important technique points known, the swimmers will improve not only in sessions but also in a timed situation, (Like the test above). Their leg kick has also become much more fluent and co-ordinated showing that their balance and rotation has improved throughout the course of sessions. With a more even leg kick which is continuous, their stroke efficiency will increase and make their times much faster.

### **Progression shown:**

Arm stroke and leg kick- both have become more fluent and co-ordinated over the 10 weeks, meaning that less energy is wasted in the water

Breathing- is much more efficient. They only turn their heads to the side to breathe every three and making sure that they are looking back at their shoulders in order to breathe in the gap of water that their swimming has created. They are also using a much more efficient mouth position which will help them to get enough oxygen but without using lots of energy. Making sure that their breathing position is right means that their rotation of the stroke is much more controlled.

Timing- the timing has improved massively with the swimmers making sure that their hands are seen twice when they breathe and by doing  $\frac{3}{4}$  catch up. This means that their body rotation is much more effective and precise and reduces the amount of wobbling that their body does from side to side. This in turn reduces the amount of drag they are creating and makes them more aero-dynamic.

Efficiency- the overall efficiency of the stroke comes from the effectiveness of their technique and this therefore has improved greatly. The right technique means that their bodies flow through the water much more easily without adding extra drag. They also are now able to tumble at both ends of the pool which makes their turning much more efficient and can even help to reduce their stroke time slightly.

Overall there is a great amount of improvement shown and this can be seen in the tables showing the results from the start and the end of the course. The session plans obviously helped them to improve their technique and helped to increase their confidence with swimming as well.

### **Health and fitness benefits:**

There are many health and fitness benefits that these participants would have experienced while doing the training sessions both long term and short term.

**Physically**, it will help to build up their muscles so they are more effective and more supportive of their body. It also will mean that their heart grows stronger which in the long run could help reduce the chances of heart failure etc. The capillaries around the alveoli will become more frequent which will help their gaseous exchange system. This will help with their sport and make sure that their body are receiving the right amount of oxygen and reduces oxygen debt. The training will increase their lung capacity and lung strength as well so with each breath that they take in, there is more oxygen for the body to use again increasing their breathing efficiency (tidal Volume) and the amount of residual volume will also decrease as their lungs are more able to force all the air out. The progression over the 10 weeks gradually will build up all these physical changes and it is shown in the results that it improves times and performances are helped by it. **Socially**, the swimmers are meeting friends and getting to know a different type of learning environment which will be useful in later life when they experience different types of people. It means they are able to get a different view on ways of swimming and techniques they would probably not have picked up if they were trying to train on their own. It helps them **mentally** as well especially for younger children as it helps to stimulate their mind and gives them something to focus on. This is useful in the long run and means they are more aware of different activities and people. It may also help to put them in a positive mind set if they have seen their times reduce and this may give them the stimulation to continue in sport and be motivated to do better without being forced by someone else. It also helps to use different parts of their brain at the same time e.g. to help co-ordination so is the skills will be very easily used for many different purposes.

### **Overall Evaluation:**

Overall I feel that the 10 weeks session plan has shown a great progression from the start to the end. All the swimmers improved their times and their strokes which they can now take on to use in the races in the summer months. The drills which they have done over the 10 weeks will still be repeated in order to incorporate what has already been done and maintain the endurance levels that they have achieved will also be a main priority. As they keep their endurance and their stroke technique, speed can be worked on further, which again will help to reduce their times. The overall benefit that the performers have had is great both mentally and physically and all have learnt something new about swimming which they can then take on to use in later life or with other people. They have gained a great amount of fitness over the 10 weeks as well making them all together healthier. The session would have helped to get towards there 5 hours a week of physical activity that is advised for children of around this age. I feel that the sessions have been a great success and the aim, which was to reduce times and increase endurance levels, have certainly been met in a fun environment where the children enjoyed learning the new vital skills and techniques that will stay with them and help them in the future.

**ISA Children's Barred List information**

NONE RECORDED

**ISA Vulnerable Adults' Barred List information**

NONE RECORDED

**Other relevant information disclosed at the Chief Police Officer(s) discretion**

NONE RECORDED

**Enhanced Disclosure**

This document is an Enhanced Criminal Record Certificate within the meaning of sections 113B and 116 of the Police Act 1997.

**THIS DISCLOSURE IS NOT EVIDENCE OF IDENTITY**

**CRB** PO Box 165, Liverpool, L69 3JD Helpline: 0870 90 90 844

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Amateur Swimming Association Awarding Body

## ASA/UKCC Level 1 Certificate for Teaching Aquatics



Has successfully completed the following units

- 1 How to Teach / Coach in an Aquatic Environment
- 2 Aquatic Teaching

Candidate ID: \_\_\_\_\_

Date: 23 September 2009

Signed on behalf of the ASA

Chief Executive

ASA Level 1 TA  
500/2990/3





# Enhanced Disclosure

Page 1 of 2

disclosure

Disclosure Number

Date of Issue:

23 NOVEMBER 2009

## Applicant Personal Details

Surname:

Forename(s):

HOLLY

Other Names:

NONE DECLARED

Date of Birth:

13 JULY 1993

Place of Birth:

Gender:

FEMALE

## Employment Details

Position applied for:

TRIATHLON COACHING

Name of Employer:

BRITISH TRIATHLON FEDERATION

## Countersignatory Details

Registered Person/Body:

BRITISH TRIATHLON

Countersignatory:

JUDITH BRAND

## Police Records of Convictions, Cautions, Reprimands and Warnings

NONE RECORDED

## Information from the list held under Section 142 of the Education Act 2002

NONE RECORDED

## ISA Children's Barred List information

NONE RECORDED

## ISA Vulnerable Adults' Barred List information

NOT REQUESTED

## Other relevant information disclosed at the Chief Police Officer(s) discretion

NONE RECORDED

## Enhanced Disclosure

This document is an Enhanced Criminal Record Certificate within the meaning of sections 113B and 116 of the Police Act 1997.

THIS DISCLOSURE IS NOT EVIDENCE OF IDENTITY



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# 1st4sport Qualifications

the awarding body for active learning and leisure

This is to certify that

**Holly**

has been awarded the

## Level 1 Certificate in Coaching Triathlon

Qualification Accreditation Number:

Unit Accreditation Numbers:

M/103/5014, T/103/5015

A/103/5016, F/103/5017

Certificate Date: 01 February 2010

Certificate Number:



EXCELLENCE IN SPORTS COACHING



Signed

00033905



A handwritten signature in black ink.

T J Dallimore  
Education Director  
**1st4sport Qualifications**

Awarded by 1st4sport Qualifications and developed in partnership with the  
UK Source Group for Triathlon

## Test-Before

Age of Athletes: 9-11

Date: 29-12-09

**Aim:** Test endurance of athletes and their stroke technique while swimming the endurance distance.

**Task:** Swim 10 lengths

**Endurance and technique rating:**

1-no improvement needed

5- good but needs improvement

10-lots of improvement needed

Name	Distance (lengths)	Time	Arms stroke	Leg kick	Breathing	Timing	Efficiency of stroke
Rebecca N	10	6.25	7	5	5	7	7
Rebecca W	10	5.29	5	4	4	8	4.5
Edward	10	<del>7.55</del> 7.40	6	4	5	7	7
Siana	10	5.31	4	3	4	6	4
Freyer	10	6.49	6	5	5	8	6
Lata	10	6.20	7	5	5	8	6
Anusha	10	6.28	5	4	3	7	6
Staci		6.46	6	5	3	8	6

3.55

- 5.29

- 5.50

5.21

3.49

6.00

5.38

6.06

all  
-10-20  
50-60  
10-50

## Session Plan- Week 1

Coach: Holly

Number in session:

Specific needs:

Venue:

Date:

Group age: 9-11

Ability:

Equipment needed: Floats

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to improve and introduce stroke development techniques

Warm Up:

2x 50m (4) - Front Crawl ✓

1x 50m (2) - Backstroke ✓

1x 50m (2) - Front Crawl ✓

1x 100m (4) - Alternate Front, Back, Breast, Front

300m

Drills: 20 seconds rest between each

1x 50m (2) – Front Crawl leg kick up/ full stroke Back ✓

1x 50m (2) -Catch Up ✓

1x 50m (2) -  $\frac{3}{4}$  Catch Up ✓

1x 50m (2) -Dragging Fingers ✓

1x 50m (2) -Zip-Up/High Elbow ✓

250m

Main Set: 20 seconds rest between each

1x 100m (4) – Front Crawl- Med ✓

1x 50m (2) Breaststroke ✓

1x 100m (4) – Front Crawl Fast ✓

1x 50m (2) - Backstroke ✓

1x 50m (2) – Front Crawl easy-

350m

Cool Down/different activity:

Diving ✓

1x 100m (4) - Front Crawl from last dive

100m

Total- 40 Lengths: 1000m

150  
250  
300  
25  
250  
475

280

325

25

300

180

280

## Session Plan- Week 2

Coach: Holly

Number in session:

Specific needs:

Venue:

Date:

Group age:

Ability:

Equipment needed: Floats, pull buoys

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to improve stroke technique and think about the timing of the stroke.

### Warm Up:

2x 50m (4) – Free Style

1x 50m (2) – Front Crawl

1x 50m (2) – Pull only

1x 100m (4) - Alternate Front, Back, Breast, Front

300m

### Drills:

20 seconds rest between each

1x 50m (2) - Front Crawl

1x 50m (2) – Full Catch Up

1x 50m (2) - Breathing every 3

1x 50m (2) - Single arm Pull

1x50m (2) –  $\frac{3}{4}$  Catch Up

1x50m (2) - Front Crawl

300m

### Main Set:

20 seconds rest between each

1x 100m (4) – Front Crawl fast with controlled stroke

1x 50m (2) – Breaststroke

1x100m (4) – Front Crawl fast- concentrating on timing

1x50m (2) -Backstroke

1x50m (2) – Front Crawl easy

350m

### Cool Down/different activity:

Introduce Tumble Turns

1x 100m (4) – Front Crawl

100m

Total- 42 Lengths: 1050m

## Session Plan- Week 3

Coach: Holly

Number in session:

Specific needs:

Venue:

Equipment needed: Floats

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to continue to improve technique and introduce endurance

Date:

Group age:

Ability:

### Warm Up:

~~2x 50m (4)~~ – Free Style with dolphin kick starts

~~1x 50m (2)~~ – Backstroke

~~1x 50m (2)~~ – Front Crawl

~~1x 50m (2)~~ – Alternate Front, Back, Breast, Front (Half

Lengths)

250m

### Drills:

20 seconds rest between each

~~1x 50m (2)~~ - Front Crawl kick

~~1x 50m (2)~~ – Front Crawl arms only

~~1x 50m (2)~~ - Breathing every 3

~~1x 50m (2)~~ - Dragging Fingers

~~1x 50m (2)~~ –  $\frac{3}{4}$  Catch Up

~~1x 50m (2)~~ - Front Crawl

300m

### Main Set: (work on the pacing of endurance)

~~2x 25m (2)~~ – Front Crawl

~~2x 50m (4)~~ – Front Crawl

~~1x 100m (4)~~ – Front Crawl

~~2x 50m (4)~~ – Front Crawl

~~1x 50m (2)~~ - Backstroke

400m

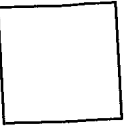
### Cool Down/different activity:

#### ~~Diving~~

~~1x 100m (4)~~ – Front Crawl from dive

100m

Total- 42 Lengths: 1050m



## Session Plan- Week 4

Date: 26-1-10

Group age: 9-11

Ability: Inter-swimmers

Coach: Holly

Number in session:

Specific needs: None

Venue:

Equipment needed: Floats, pull buoys

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to develop stroke technique and practice controlling stroke when tired.

### Warm Up:

2x 50m (4) – Front Crawl

1x 50m (2) – Backstroke

1x 50m (2) – kick only

1x 50m (2) – Pull only

1x 50m (2) - Alternate Front, Back, Breast, Front (Half

Lengths)

300m

### Drills:

20 seconds rest between each

1x 50m (2) - Pull only

1x 50m (2) – Breathing every 3- Bilateral

1x 50m (2) - Catch Up

1x 50m (2) -  $\frac{3}{4}$  Catch Up

1x50m (2) – Dragging Fingers

1x50m (2) – 1-2-1

1x50m (2) - Front Crawl

350m

### Main Set:

20 seconds rest between each

1x 50m (2) - Backstroke

1x100m (4) - Front Crawl

1x50m (2) - Breaststroke

1x 100 (4) - Front Crawl fast with controlled stroke

1x50m (2) - Front Crawl

350m

### Cool Down/different activity:

Tumble Turns

1x 100m (4) - Front Crawl try and include Tumble Turns in last four

Lengths

100m

Total-44 Lengths: 1100m



## Session Plan- Week 5

**Coach:** \_\_\_\_\_  
**Number in session:** \_\_\_\_\_  
**Specific needs:** None  
**Venue:** \_\_\_\_\_

**Date:** 2-2-10  
**Group age:** 9-11  
**Ability:** Inter-swimmers

**Equipment needed:** Floats

**Safety considerations:** Other users, Slippery surface and equipment on poolside

**Session Goal:** Aim of session is to work on endurance and controlling the stroke

**INCLUDE TUMBLE TURNS WHERE POSSIBLE**

**Warm Up:**

2x 50m (4) – Front Crawl

1x 50m (2) – Backstroke

1x 50m (2) - Alternate Front, Back, Breast, Front (half Lengths)

200m

**Drills:** 20 seconds rest between each

3x 50m (6) - Front Crawl kick

1x 50m (2) – Front Crawl Pull

1x 50m (2) - Catch Up

1x50m (2) – Dragging Fingers

1x50m (2) – 1-2-1

2x50m (4) - Front Crawl

450m

**Main Set:** 20 seconds rest between each

1x 50m (2) - Front Crawl- slow (Tumble Turns)

1x100m (4) - Front Crawl- Fast with controlled stroke

1x50m (2) - Breaststroke

1x 100 (4) - Front Crawl (concentrating on arm action under water)

1x50m (2) - Front Crawl

350m

**Cool Down/different activity:**

**Relays**

50m (2) Sprints each

1x 100m (4) - Front Crawl easy

150m

**Total-46 Lengths: 1150m**



## Session Plan- Week 6

Coach: Holly \_\_\_\_\_

Number in session: \_\_\_\_\_

Specific needs: \_\_\_\_\_

Venue: \_\_\_\_\_

Date: \_\_\_\_\_

Group age: \_\_\_\_\_

Ability: \_\_\_\_\_

Equipment needed: Floats

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to work on timing and breathing as well as endurance

### Warm Up:

2x 50m (4) – Front Crawl

1x 50m (2) – Front Crawl kick

1x50m (2) - Backstroke

1x 50m (2) - Alternate Front, Back, Breast, Front (half Lengths)

250m

### Drills:

15 seconds rest between each

2x 75m (6) - Front Crawl

1x 50m (2) – Dragging Fingers

1x 50m (2) - Catch Up

2x50m (4) –  $\frac{3}{4}$  Catch Up

1x50m (2) - Bilateral Breathing

2x50m (4) - Front Crawl

500m

### Main Set:

1x 50m (2) - Front Crawl

1x100m (4) - Front Crawl- Fast with controlled stroke

1x50m (2) - Front Crawl

4x 25m (4) - Front Crawl with speed (concentrating on arm action under water)

3x50m (6) - Front Crawl

450m

Cool Down/different activity:

Diving

Total- 48 Lengths: 1200m

## Session Plan- Week 7

Coach: Holly \_\_\_\_\_  
Number in session: \_\_\_\_\_  
Specific needs: \_\_\_\_\_  
Venue: \_\_\_\_\_

Date: \_\_\_\_\_  
Group age: \_\_\_\_\_  
Ability: \_\_\_\_\_

Equipment needed: Floats

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to improve endurance with controlled stroke

### Warm Up:

2x 50m (4) – Front Crawl

1x 50m (2) – Backstroke

1x50m (2) - Front Crawl thinking about arm action

1x 50m (2) - Alternate Front, Back, Breast, Front (half Lengths)

250m

Drills: 15 seconds rest between each

2x 25m (2) - Front Crawl kick

2x 50m (2) –Kick/swim- half Lengths

1x 50m (2) - Catch Up

2x 50m (4) –  $\frac{3}{4}$  Catch Up

2x 25m (2) - High Elbow and Finger Drag

1x 100m (4) - Front Crawl

400m

Main Set: 15 seconds rest between each

1x 25m (2) - Front Crawl- fast

1x 50m (2) - Front Crawl (controlled stroke)

1x100m (4) - Front Crawl with Tumble Turns

1x 150m (6) - Front Crawl steady pace. Controlled stroke

1x100m (4) - Front Crawl with Tumble Turns

1x 50m (2) - Front Crawl dolphin starts

2x50m (4) - Front Crawl

600m

Cool Down/different activity:

Treading water/ personal survival activities

Total- 50 Lengths: 1250

## Session Plan- Week 8

Coach: Holly  
Number in session:  
Specific needs:  
Venue:

Date:  
Group age:  
Ability:

Equipment needed: Floats

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to improve leg kick and introduce pacing for endurance

### Warm Up:

- X 2x 50m (4) - Front Crawl
- X 2x 50m (4) - Backstroke
- X 2x 50m (4) - Front Crawl
- X 1x 100m (4) - Alternate Front, Back, Breast, Front

400m

Drills: 15 seconds rest between each

- X 1x 50m (2) - Front Crawl Full stroke
- X 1x 100m (4) - Front Crawl leg kick up/ full stroke Back
- X 1x 50m (2) - Catch Up
- X 1x 50m (2) -  $\frac{3}{4}$  Catch Up
- X 1x 50m (2) - Dragging Fingers
- X 1x 50m (2) - Zip-Up/High Elbow

350m

### Main Set:

- X 1x 100m (4) - Front Crawl- Med
- X 1x 50m (2) - Breaststroke
- X 1x 100m (4) - Front Crawl- Fast
- X 1x 50m (2) - Backstroke
- X 1x 100m (4) - Front Crawl- Med
- X 1x 50m (2) - Front Crawl Easy

450m

Cool Down/different activity:

Tumble Turns

1x 100m (4) - Front Crawl

*need legs ??*

100m

Total-52 Lengths: 1300m

## Session Plan- Week 9

Coach: Holly

Date:

Number in session:

Group age:

Specific needs:

Ability:

Venue:

Equipment needed: Floats

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to improve timing and tumble turns while swimming endurance distances.

### Warm Up:

2x 50m (4) - Front Crawl

2x 50m (4) - Backstroke

2x 50m (4) - Front Crawl

1x 100m (4) – Front with dolphin kick starts and tumbles  
400m

Drills: 15 seconds rest between each

1x 50m- (2) - Front Crawl Full stroke

1x 50m (2) – Single arm Pull

1x 100m (4) -Catch Up

1x50m (2) -Dragging Fingers

1x 50m (2) - Zip-Up/High Elbow

1x 100m (4) -  $\frac{3}{4}$  Catch Up. Working on timing of arm entry  
and take away

400m

Main Set: 15 seconds rest between each

1x 100m (4) – Front Crawl- Med

1x 150m (6) - Front Crawl- concentrating on timing

1x 200m (8) - Front Crawl- Tumble Turns and dolphin starts

2x50m (4) – Front Crawl easy

550m

Cool Down/different activity:

Diving

Total-54 Lengths: 1350m

## Session Plan- Week 10

Coach: Holly  
Number in session:  
Specific needs:  
Venue:

Date:  
Group age:  
Ability:

Equipment needed: Floats, pull buoys

Safety considerations: Other users, Slippery surface and equipment on poolside

Session Goal: Aim of session is to maintain endurance and technique with tumble turns

### Warm Up:

2x 50m (4) - Front Crawl

1x 50m (2) - Backstroke

1x 50m (2) - Front Crawl concentrating on the timing of arms

1x 100m (4) – Front with dolphin kick starts and tumbles  
300m

Drills: 15 seconds rest between each

1x 50m (2) – Single arm Pull

1x 100m (4) - Catch Up

1x100m (4) - Breathing every 3 - Bilateral

2x 50m (2) –Front Crawl kick with dolphin starts

1x 50m (2) -Zip-Up/ High Elbow

1x 100m (4) - Bilateral Breathing and Finger Drag  
450m

Main Set: 15 seconds rest between each

1x 50m (2) - Front Crawl- concentrating on timing

1x 75m (3) - Front Crawl- Tumble Turns

1x100m (4) - Front Crawl controlled stroke

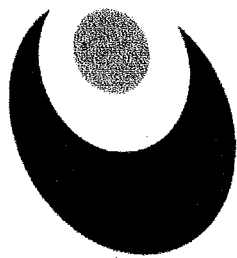
1x 150m (6) - Front Crawl concentrating on arm movement

1x 200m (8) - Front Crawl thinking about Breathing

3x25m (3) - Front Crawl easy  
650m

Cool Down/different activity:  
Tumble Turns

Total- 56 Lengths: 1400m



# Life safety

Training providers

## Emergency First Aid At Work

APPROVED FOR THE PURPOSES OF THE  
HEALTH & SAFETY (FIRST AID)  
REGULATIONS 1981

H.S.E REG NO 81/07

THIS IS TO CERTIFY

HAS ACHIEVED THE REQUIRED STANDARD IN  
EMERGENCY FIRST AID AT WORK

AT

ON

*31st January 2010*

THIS CERTIFICATE IS VALID FOR 3 YEARS

EXPIRES

*31st January 2013*

Signed..........Director of Training

0845 224 1415

[www.life-safety.co.uk](http://www.life-safety.co.uk)

