

# Regional Training Week Aquatic Courses

CULTS SPORTS COMPLEX  
ABERDEEN

4th - 17th April 2016



Scottish  
Swimming

**sportscotland**  
the national agency for sport



sport aberdeen  
Charity no SC040973

# How to get involved...

## #getinvolved

**Have you ever thought about becoming a swimming teacher or coach?**

**Are you involved in competitive swimming or on a club committee?**

**Are you currently involved in coaching or teaching & looking to develop your skills?**

**Do you enjoy working with children and adults?**

**Are you a good communicator?**

**Are you good at planning and organising?**

If the answer to the above questions is “yes” then the Regional Training week could be for you!

Scottish Swimming, in partnership with Sport Aberdeen is delighted to announce a Regional Training week comprising of UKCC courses, CPDs and workshops.

The Regional Training week in Aberdeen is one of a series to be run across the country with the main focus of upskilling the regional coaching and teaching network and developing knowledge and providing opportunities for both the paid and volunteer workforce.

and make a  
difference.



# CPD Programme

<b>Course</b>	<b>Date</b>	<b>Time</b>
<b>Coaching</b>		
Coaching Starts and Turns	08/04/2016 <b>Held at ASV Aquatics centre</b>	1800-2100
Coaching Breaststroke	09/04/2016	1030-1330
Coaching Butterfly	09/04/2016	1430-1730
Coaching Backcrawl	10/04/2016	1030-1330
Coaching Frontcrawl	10/04/2016	1430-1730
<b>Teaching</b>		
Teaching Starts and Turns	11/04/2016	1300-1600
Teaching Adults	11/04/2016	1730-2030
Teaching Breaststroke	16/04/2016	1030-1330
Teaching Butterfly	16/04/2016	1430-1730
Teaching Frontcrawl	17/04/2016	1030-1330
Teaching Backcrawl	17/04/2016	1430-1730

**Cost:**

CPD's—£25.00 for 1 / £40.00 for 2

**Note: Please see bookings policies**

## UKCC / Course Programme

Course	Dates	Times	Units	Cost	Subsidy
UKCC L1 Coaching Diving <b>Held at ASV Aquatics centre</b>	14-17th April	Approx 9-5	All	£300	£100
UKCC L1 Teaching Aquatics	6-8th, 20- 22nd May 2016	TBC	All	£300	£100
UKCC L2 Teaching Aquatics	5-8th, 11- 14th July 2016	Approx 9-5	All	£600	£400
NRASTC	4-6th April 2016	Approx 9-5		£125	

## Swimming Technical Officials Courses

Course	Date	Time
BS Judge 1 Wkshop 1	05/04/2016	1900-2100
BS Judge 2S Wkshop 1	06/04/2016	1900-2100
<b>New</b> Officiating Para- Swimming	07/04/2016  No previous knowledge required	1800-2100

### Officiating Workshop Cost:

CPD's—£ Free (only open to Scottish Swimming Members)

**Note: Please see bookings policies**

# Club Development Sessions

Course	Date	Time
Club Committee Governance	04/04/2016	18:30-20:30
Safeguarding & Protecting Children	05/04/2016	18:00-21:00
Bullying – it's never acceptable	06/04/2016	18:00-21:00
In Safe Hands	07/04/2016	18:00-21:00
Team Manager Level 1	11/04/2016	18:00-21:00
Safeguarding & Protecting Children	12/04/2016	18:00-21:00
In Safe Hands	13/04/2016	18:00-21:00
Team Manager Level 2	14/04/2016	18:00-21:00
Bullying – it's never acceptable	15/04/2016	18:00-21:00

## Club Development Sessions Cost:

Scottish Swimming Members          £Free  
Non Scottish Swimming members      £25.00 per session or  
   £40.00 for 2 sessions

*N.B. Bullying course is **FREE** to all participants.*

# Booking conditions

# Please bring writing materials & Swimwear, as some courses will have both Practical and theory elements

\* *UKCC Level 1 Bursary applications must be sent to Sport Scotland no later than 4 weeks before course start date. Late applications will not be processed.*

\*\* *UKCC Level 2 Bursaries must be applied for through Scottish Swimming*  
*Depending upon personal circumstances you may be eligible for funding through the Students Awards Agency for Scotland [http://www.saas.gov.uk/part\\_time/ug/eligibility.htm](http://www.saas.gov.uk/part_time/ug/eligibility.htm)*

## General Notes:

1. Costings for Courses will be £25.00 for 1 CPD, or £40.00 for 2. This discount applies to individual bookings only and cannot be used for two people
2. A minimum of 8 candidates for UKCC and 10 candidates for CPD is needed to allow courses to run
3. UKCC Courses will apply the usual standard pre-requisite course criteria
4. Places on the UKCC Courses will be given on a first come first served basis
5. Deadline for course bookings:
  - *UKCC L1 Coaching Diving - 14th March*
  - *UKCC L1 Teaching Aquatics - 4th April*
  - *UKCC L2 Teaching Aquatics - 6th June*
  - *CPD Courses and Workshops - 28th March*
6. All details for Booking and payment for courses can be found on the reverse of this brochure
7. All applicants for both UKCC and CPD courses will receive a confirmation email

To become a Scottish Swimming member please visit:

**[www.scottishswimming.com/members](http://www.scottishswimming.com/members)**



Scottish  
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EXCELLENCE IN SPORTS COACHING



Scottish Disability Sport





# Course Information

Further information on each course, including payments and how to book, please contact:

## Bookings:

For all CPD and Workshop bookings please contact the Sport Aberdeen Aquatics team

Telephone: 0845 601 3611 (option 1)

Email: [aquatics@sportaberdeen.co.uk](mailto:aquatics@sportaberdeen.co.uk)

## Alternatively at the Cults Sports Complex reception:

Quarry Road, Cults, Aberdeen, AB15 9TP

Open Mon-Fri 1700-2200, Sat-Sun 0830-1700

## For bookings for the UKCC L1 Coaching Diving:

**Sean Dawson**, Scottish Swimming Regional Development Manager

(Grampian and Tayside) [S.dawson@scottishswimming.com](mailto:S.dawson@scottishswimming.com) T:07791489173

## For bookings for the UKCC L1/2 TA:

**Lesley Mathieson**, Aquatics Training and Education Co-ordinator, Sport Aberdeen

Email: [LMathieson@sportaberdeen.co.uk](mailto:LMathieson@sportaberdeen.co.uk) Tel: 01224 724766

We are on:



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