

# Synchronised Swimming

## Level One Coach Training Program

Date: Friday 18 December

Time: 9am - 5pm

Location: Claremont Pool,  
Davies Road, Claremont



### *Become an accredited Synchronised Swimming Coach*

This course completes one of the three requisites required to become a fully accredited Level One Synchronised Swimming Coach.

The other requirements include completing online modules from the *Australian Sports Commission (ASC)* General Principles Level One coaching program PLUS accumulating 10 hours of coaching practice.

**Cost: \$100**

**Includes Synchro  
Coaching Manual  
and DVD**

**SYNCHRO WA (INC.)**

This one day program incorporates both training and assessment. It combines sessions taught in a training room and in a swimming pool.

#### **Topics include:**

- Basics sculling techniques and body positions
- Basic routine skills, including figures, strokes and transitions
- Basic mechanical principles as they relate to the swimmer in the water
- Posture, flexibility and extension
- How to run training sessions

For More Information Contact Natasha Larter

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