

Hi coach,

With most swimmers back in the pool following enforced breaks throughout 2020, it is time to ensure that all our swim coaches around Australia have access to the resources necessary to inspire, develop and challenge their own development and to ensure they have the knowledge and skills to provide an environment of learning, performance and fun.

We are extremely fortunate in Australia to have several coaches who have a range of experiences and knowledge across International, National and State level swimming. One of the best in the business is 2004 & 2102 Australian Head Coach, Leigh Nugent. Leigh has the ability to share knowledge in a way that makes it easy to understand and comprehend and is renowned around the world as one of the best educators of swim coaches at all levels of swimming.

In Australia, we have the opportunity to continue as a powerhouse in the sport of swimming, however this will only happen if the coaches working at all levels in the sport are on a similar page, especially when it comes to teaching correct technique and racing skills to younger developing swimmers.

Swim Coach Advantage has designed a program which is fast becoming the world's leading professional development program for swim coaches. The on-going nature of the program enables coaches to learn from week to week and have access to hundreds of videos and blog posts on a huge range of subjects around competitive swimming.

With many of the top Clubs in the country now supporting their coaches to have access to the large library of online drills and stroke models, swimmer performances in these clubs are improving. A feature of the [Swim Coach Advantage](#) program is the live weekly online Mentor PODs which cover a range of subjects. The most recent series included 8 weeks looking at the physiology of training and energy systems.



Over the next 2 months, we will be continuing our brand-new program via the live online sessions on **Planning for Swimming Performance**. The first session back will be held on Thursday 18 February 2021 and will review the planning requirements including a weekly plan for advanced junior swimmers. We will then begin on the topic of planning for age group swimmers. This includes developing age groupers and a special focus on planning to ensure success with age performance level swimmers aged 13 to 18 years.

Planning is a key aspects of swim coaching and an area many coaches struggle with, so we are providing live sessions where you can have your questioned answered by our experts.

We want as many swim coaches as possible to share in the learning and join the Swim Coach Advantage community, so we have a special offer of **\$50.00 off annual memberships** (Offer ends Wednesday 17 February 2021 at midnight)

To claim your discount, use the **coupon code ASCTA** on checkout.

The program is being delivered by Leigh Nugent and specialist aquatic educator and manager, Gary Barclay. They will be joined by guest contributors including the current Australian Head Coach Rohan Taylor and others throughout the year.

The program begins on **Thursday 18 February 2021** and you **must** be a member of [Swim Coach Advantage](#) by midnight on Wednesday 17 February 2021 to access this program.

The upcoming program focused on age group swimmers will include:

- Identifying classifications of training intensities.
- Understanding periodisation.
- How to prepare a seasonal plan for age group swimmers?
- How to prepare weekly plans for my squad/s?
- How to write workout designs effectively to achieve the best results with my age performance swimmers?
- A close look at the practical application and implementation of sessions.
- Why should I be preparing my swimmers for 200m events?

We know this program is going to provide **[HUGE benefits to swim coaches](#)** from all levels of swimming, and especially those coaching age group swimmers and we are keen to help Australian coaches to be the best in the world!!

As a new member, you will receive 12 months access to:

- The Weekly Mentor PODs which are held live each week (and recorded for viewing later if you miss them)
- More than 50 Mentor PODs conducted over the past 2 years on a huge array of subjects.
- 200+ stroke drill videos
- Stroke models for each of the four competitive strokes, to ensure you fully understand every aspect of each stroke.
- The Coaching Junior Swimmers certificate program
- The Swim Parent Advantage program – see, read and watch all the information provided to swim parents.
- A coaching network of like-minded coaches who want to learn and develop their coaching knowledge and skills.

The [Swim Coach Advantage](#) membership program is the leading professional development membership for swim coaches in the world.

And don't forget to claim your \$50.00 discount by using the **coupon code ASCTA** on checkout.

Coaches are also welcome to grab a copy of the free eBook ["15 Tips To Improve Your Swim Coaching"](#).

We can't wait to share our insights and knowledge with you.

Regards

Gary Barclay & Leigh Nugent  
**Gold Class Swimming**