



Coaching Swimming

Coaching Swimming was developed by the NFHS and the National Interscholastic Swim Coaches Association of America (NISCA). This course teaches the basic skills of the four competitive strokes, and also includes starts, turns and finishes. It also provides material on how to best administer a successful swimming program.

Course Objectives

- How to successfully administer a student first swimming program including—recruitment, pre-event management, interscholastic coaching philosophy, differences in club v. high school, communication and risk minimization
- Become familiar with the NFHS Swimming Rules Book and local guidelines
- Learn the basics of the four competitive swimming strokes—freestyle, backstroke, breaststroke and butterfly
- Learn the elements of the start and different variations
- Learn the two basic types of turns (flip and open) and how to execute each

Units

- Administering the Program
- Competitive Swim Strokes
- Starts
- Turns and Finishes

More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill or certification requirements
- Approved by NFHS for 5 course clock hours

More Information at nfhslearn.com!