



Coach Education
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Coaching Swimming

Course Objectives:

- Developed by the NFHS and the National Interscholastic Swim Coaches Association of American (NISCA)
- Teaches the basics of the four competitive strokes
- Includes starts, turns, and finishes
- Has material on administering a successful swim program

Unit 1: Administering the Program

- Course Introduction and Overview
- Recruitment
- Pre-event Management
- Interscholastic Coaching Philosophy
- Club vs High School
- Communication
- Minimizing Risk

Resources: Administering the Program; Emergency Action Plan: NISCA Manual on Organizing Swim Team and Teaching Strokes; The High School Club Swimming Relationship: Competitive swim strokes checklists, correction charts, and drills; Starts tips; Turns Progression Tips; Finishes

Unit 2: Competitive Swim strokes

- Introduction
- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- The Individual Medley

Unit 3: Starts

- Introduction
- Forward Starts
- Backstroke Start
- Relay Starts

Unit 4: Turns and Finishes

- Introduction
- Turns
- Finishes

Unit 5: Course Summary