



National
Coaching
Certification
Program

Programme
national de
certification des
entraîneurs



Sport: Synchronized Swimming

Discipline: n/a

Context: Instruction-Beginners

Participant age group: Child

Age range of coaches: 15-Adult

Date of conditional approval: May 18, 2005

Official launch date (both official languages): June 2005

Outcomes trained and evaluated:

| Outcome | Trained | Evaluated |
|------------------------------------|---------|-----------|
| Make Ethical Decisions | T | E |
| Plan a Practice | T | E |
| Support to Athletes in Training | T | E |
| Analyze Performance | T | E |
| Design a Sport Program | | |
| Support the Competitive Experience | | |
| Manage a Sport Program | | |
| **Sport-specific outcomes | | |

Which multi-sport modules will the coaches access through the provincial/territorial delivery system?

Make Ethical Decision until it is fully integrated in the sport i.e. while we have MLF and LF able to deliver the module.

Training Description:

The Synchro Instructor (SI) training program is designed for two main target groups:

- Qualified Aquatics Instructors who require basic technical knowledge of Synchro (ties in with Red Cross Program – see below)
- Current and former Synchro Swimmers aged 15-18 who are instructing recreational swimmers.

The workshop is divided in 4 sport-specific modules A-B-C-D. To be fully trained, the participants have to complete all four modules. Each module can be taught individually.

Module A: Figures (2 h in class/ 2 h at the pool)

Module B: Routines (2 h in class/ 2 h at the pool)

Module C: Planning and Athlete Development (5 hours in class)

Module D: Effective Coaching (3.5 hours in class)

The Make Ethical Decisions multi-sport module is used as a template and sport-specific material is added for that module.

The Resources binder includes a wide variety of teaching tools and user-friendly manuals specific to synchronized swimming:

- 1) Aqua Squirts Instructor Manual
- 2) Aqua Squirts Too Instructor Manual
- 3) Star 1-4 Manual
- 4) Star 1-4 DVD
- 5) Section on coaching athlete with a disability

The material of the 4 evaluated outcomes is covered in the 4 modules.

The **Aqua Squirts Program** (<http://www.aquasquirts.ca/>) is a play-based orientation to develop swimming kids. Synchro Canada has partnered with the Red Cross in order to offer this program across Canada.

The **Star Program** (http://www.synchro.ca/star_program.htm) is the reference for coaches and instructors in order to teach the progression of skills and abilities at the various stages of swimmers development. The Star Program is used all across Canada and in the World. All competitive synchronized swimmers in Canada compete in a national Tier level system, which is based on Synchro Canada's skill development program – the Star Program.

Evaluation Description:

When the candidates are ready, they must complete SI evaluation requirements to attain certification. Evaluation is based on meeting **four OUTCOMES**

OUTCOME 1 – Plan a Practice

- Organize a series of lesson activities into a plan that enhances the learning of one or more skills
- Design an Emergency Action Plan

OUTCOME 2– Provide Support to Athletes in Training

- Ensure that the lesson environment is safe
- Implement an appropriately structured and organised lesson
- Make interventions that promote learning

OUTCOME 3 – Analyze Performance

- Detect and correct performance errors in order to choreograph and teach a routine of Star 1-4 skills for performance at a water show

OUTCOME 4 – Make Ethical Decisions – online evaluation

- Outcomes 1, 2, and 3 have to be evaluated by a Synchro Instructor Approved Evaluator. The outcomes can be evaluated separately.

- The candidates must submit some written documents prior to the evaluation.

Learning Facilitator & Evaluator training:

Two Master Learning Facilitators implemented the pilots and worked on the initial material. Learning Facilitator and Evaluator Pilots occurred in April 2005.

Learning Facilitator Resources are aligned page by page with the participants' workbooks.

The Learning Facilitators have to be fully certified Level 2 Coach with two years experience. The minimum age is 18 years old and they have to be recommended by their province to attend an LF course being led by Synchro Canada Master Learning Facilitators.

NSO Contact Information

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3 most innovative features of your program:

1. Use of multi-sport materials as template for sport-specific information.
2. The participants have the opportunity to be evaluated at different times.
3. It ties in with the Red Cross and is targeting two main target groups included in Aquatics Sports.



| OUTCOME | CRITERIA | Multi-sport module | Integration |
|---|--|---------------------------|--------------------|
| Make Ethical Decisions | Online Evaluation | | x |
| Plan a Practice | PART A: Session Plan PART B: Series of 10 lesson plans | | x |
| Provide Support to Athletes in Training | Conduct a mid-session lesson to teach Star skills in a safe, fun environment | | x |
| Analyze Performance | Choreograph and teach a routine of Star 1-4 skills for performance at a Water Show | | x |