

Valerie Moore

has achieved

**Swim England
Assistant Swimming Coach**

Certificate Number
334778

Date Achieved
29 November 2024

A handwritten signature in black ink, appearing to read "ASA".

Andy Salmon
Chief Executive, Swim England

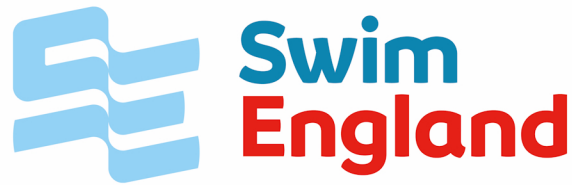


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Swim England Assistant Swimming Coach

Valerie Moore

The Swim England Assistant Swimming Coach certificate consists of the following learning outcomes:

- 01 - Understand the roles and responsibilities of an Assistant Swimming Coach
- 02 - Understand the roles and responsibilities of other club personnel
- 03 - Understand the legal and regulatory requirements relevant to an Assistant Swimming Coach
- 04 - Understand the structure and governance in aquatics
- 05 - Understand the Optimal Coach Development Framework (OCDF)
- 06 - Understand the Optimal Athlete Development Framework (OADF)
- 07 - Know the basics of anatomy and physiology
- 08 - Know the swimming strokes and skills
- 09 - Know how to use swimming equipment
- 10 - Know the technical rules of competitive swimming
- 11 - Undertake data collection
- 12 - Prepare coaching sessions
- 13 - Assist coaching sessions
- 14 - Evaluate coaching sessions
- 15 - Plan for professional development