
How To Be A Swimming Teacher

The Definitive Guide to Becoming A
Successful Swimming Teacher



fully illustrated with practical exercises

mark young

How to be a
SWIMMING TEACHER

**The Definitive Guide to Becoming a
Successful Swimming Teacher**

**Essential Reading for Aspiring and
Experienced Teachers**

Mark Young



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Note: this book is intended as a course guide and should accompany additional course material as set on an official swimming teaching course by an official Swimming Association.

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What makes a good teacher?

A teacher is looked up to by their pupils as a role model and a source of knowledge and guidance. A teacher possesses several key characteristics that make him or her individual and it is these personal characteristics that can determine a teacher's level of success.

A good swimming teacher requires a wide range of qualities. You will probably be stronger in some areas than others and as you gain experience you will build your competence in all areas.

Teaching Qualities

To be a good teacher and role model to your pupils, you need to possess some essential qualities. These are:

- **Knowledge** – having sound knowledge of your subject gains you respect, not only from your pupils, but from parents and other swimming teachers. You will need to keep your knowledge up to date and always admit when you don't know the answer, but make it your business to find out!
- **Empathy** – teaching swimming requires empathy on all levels. For example, the child who is scared and has every reason to be, the adult who is equally scared or even embarrassed, the child who is over-excited at the prospect of going in the pool and the child who is trying hard but not keeping up with the rest.
- **Patience** – all of the above examples that require empathy will also test your patience. As a teacher you have to accept that not everybody learns at the same rate. Children's behaviour and attention spans will also try your patience at times. Whatever is thrown at you, you must show patience and control at all times.
- **Control and management** – it goes without saying that you must have control over your class, especially with children in a pool. In the classroom at school, children know what is expected of them but this is not always the case in the swimming pool. Children have to be controlled for safety purposes as well as learning purposes. If pupils are being unruly throughout the lesson then not only is the lesson unsafe, but they are not learning anything! The golden rule is to set out your stall early on to show them who is boss. That is not to say that you have to 'rule with fear', otherwise pupils will not want to have swimming lessons with you, just let those that step out of line know they have done so and that it will not be tolerated.

FRONT CRAWL: Body Position



Push and glide from standing



Aim: to develop correct body position and confidence in pushing off.

The swimmer can start with arms stretched out in front and pushes off from the pool floor or from the wall with one foot and glides through the water unaided.

Teacher's Focus

- o Initial push should be enough to gain good movement
- o Head remains still and central
- o Face submerged so that the water is at brow level
- o Shoulders should be level
- o Legs in line with the body

Teaching Points

- o Push hard from the side/pool floor
- o Keep your head tucked between your arms
- o Stretch out as far as you can
- o Keep your hands together
- o Keep your feet together



Common Faults

- Failure to submerge the face
- Push off is too weak
- Whole body is not remaining straight
- Feet are not together

Corrective Practice

- Revert to the previous practice
- Reiterate the teaching point and practice
- Reiterate the teaching point and practice
- Reiterate the teaching point and practice

How to Be A Swimming Teacher

is also available in print from all major online retailers

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including free help and advice’

www.swim-teach.com

What are the most essential qualities of a successful swimming teacher?
What are the best tools and exercises needed for delivering the most productive and practical swimming lessons?

How To Be a Swimming Teacher gives you everything you need from managing yourself and your class, to planning and delivering your swimming lessons. Plan and prepare your lessons using over 80 fully illustrated swimming exercises that all contain diagrams, teaching points and common mistakes. Teaching swimming could not be made easier.

Mark Young is a well established swimming teacher with over twenty years experience of teaching thousands of adults and children to swim. He has taught countless beginners from scratch and turned many of average ability into advanced swimmers. This book draws on his experiences and countless successes to put together this informative and highly detailed guide to becoming a successful swimming teacher.

