



World Aquatics Coaches' Certification Programme

- Age Group Coach Course



The Objective of the new World Aquatics Coaches' Certification Programme

Our goal is to deliver a rigorous and comprehensive certification programme that develops highly qualified coaches, equipping them with the expertise, professional credibility, and internationally recognised standards needed to excel at coaching.

This programme will provide:

- Access to high-quality, holistic content designed to support the growth and development of athletes across different age groups.
- Education and training for dedicated coaches working with athletes across three developmental levels: ages 8–12, 12–17, and 17 and above.
- Opportunities for international, cross-cultural learning and access to continuous professional development content.

Age Group Coach Course – Swimming

This course is designed for coaches working with athletes from 8 to 12 years old.

All coaches attending the course must:

- 1) Be nominated by their National Federation,
- 2) Have a clean background, free from any disciplinary actions, criminal record, or history of doping offenses, and
- 3) Speak minimum intermediate level of English.

Additionally, we recommend that coaches have minimum 2 years of relevant coaching experience to fully benefit from and succeed in this course.

Age Group Coach course competencies

Upon completion of the course, the participants will develop the following key competencies:

Holistic Competencies

- Ability to promote integrity, fairness and ethical decision-making in coaching.
- Understanding of safeguarding principles and commitment to providing a safe, inclusive and respectful environment for young athletes.
- Ability to communicate clearly with athletes, parents and other stakeholders while fostering safe environment and motivation.
- Ability to set clear, measurable goals.
- Understanding how coaches can apply sports psychology methods.
- Understanding how to adapt coaching approaches to respect and support gender-specific considerations in youth sport.
- Ability to recognise signs of mental health concerns and promote positive mental health practices within training environment.
- Ability to describe appropriate nutrition and hydration practices that support the health and performance of young athletes.

Sport-Specific Competencies

- Ability to support athletes through appropriate Long-Term Athlete Development stages to develop foundational skills for sustained sport participation and performance.
- Understanding how to adapt coaching approaches to respect and support gender-specific considerations in youth sport.
- Understanding of sports science principles and the physiological factors that influence athletic performance and recovery.
- Ability to design pre- and post-pool programmes, session plans and multi-week training programmes that align with developmental goals.
- Ability to describe the technical models for swimming strokes.
- Ability to effectively deliver training sessions tailored to swimmers ages 8 – 12.
- Ability to teach and correct strokes and aquatic skills using age-appropriate methods.
- Ability to collect basic data and analyse a race performance.

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Age Group Coach Course Structure

The Age Group Coach Course consists of the e-learning and face-to-face components of the course.

To complete the course and become certified the participant must attend the full course, including all e-learning and face-to-face components of the course.

The participant must complete all the assignments and pass both online and practical assessments during the course.

E-Learning Course

- Online meeting will be arranged before the e-learning course begins.
- 20 hours e-learning, hosted in the new World Aquatics e-learning platform called CORAL.
- The participant needs to complete all the e-learning modules and successfully pass the online exam after completion of the e-learning modules.

Face-to-Face Course

- 5 days in-person
- Interactive classroom workshops
- Practical coaching assessments
- The participant needs to attend to all sessions and successfully complete the practical coaching assessments and face-to-face course assignments.

During the Swimming Age Group Coach course, participants will explore a comprehensive range of topics, as outlined below:



Integrity & Safe Sport



Sports Psychology & Mental Wellbeing



Strokes and Skills



Roles & Responsibilities



Gender Differences



Strength & Conditioning



Long-Term Athlete Development



Nutrition & Hydration



Planning & Periodisation



Communication



Sports Science



Practical Coaching

Course Content

The courses will take a **holistic approach**, equipping coaches with comprehensive knowledge

– from **supporting athletes' mental well-being** to **enhancing sustainable performance** through sport-specific training methods.

Additionally, the course content will equip coaches with knowledge and tools **to support their own mental well-being**, enhance their **personal development**, and strengthen their ability to help athletes thrive – both in and out of the pool.