EUROPEAN AQUATICS

ARTISTIC SWIMMING COACHES' COURSE

LEVEL 1

THEORETICAL

ONLINE

EA ACADEMY
EDUCATIONAL PLATFORM

INFORMATION BULLETIN



WELCOME MESSAGE

As President of European Aquatics, I'd like to welcome you all to the first edition of the European Aquatics Artistic Swimming Coach Level 1 Theoretical Course.

Education is at the heart of everything we do, and it plays a huge role in the European Aquatics Strategic Plan 2024-2030. Whether you're an athlete, coach, official, or referee, continuous learning helps us all improve, stay sharp, and keep our sport moving forward.

These courses and clinics are more than just training sessions—they’re opportunities to grow, connect with experts, and be part of a community dedicated to excellence. By investing in education, we ensure that our sport remains fair, innovative, and always evolving. So, dive in, learn as much as you can, and let’s build the future of European Aquatics together!

Mr. ANTONIO SILVA

European Aquatics President

EUROPEAN AQUATICS ARTISTIC SWIMMING COACH LEVEL 1 THEORETICAL COURSE
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COURSE INFORMATION

PARTICIPANTS REQUIRMENTS:

- Legal adulthood age
- Completed compulsory education
- Evidence of being able to swim

  (e.g. if former swimmer, records of swimming events; otherwise, a short video)
- A motivation letter
- Criminal record producing evidence it has no crime incompatible with the coaching career

COURSE DETAILS

Theoretical Part - online:

- online via the EA Academy Educational Platform
- must be completed prior to the in-person session
- Available from 1 August 2026

Practical Part – in-person sessions:

- Practical part should be conducted as a separate course during the in-person session organized across Europe
- Currently available in-person sessions can be found on the EA Academy website.

REGISTRATION

- The theoretical part is organized online, using the EA Academy Educational Platform.
- Please register using this link:

https://www.eaacademy.eu/lms/courses/artistic-swimming-coach-level-1-theoretical-course

THE PARTICIPATION FEE

- Participation fee is **500 Euros** (360 euros for theoretical part, 140 euros for practical part).
- Registration and payment must be done on the European Aquatics Platform.

CERTIFICATE

Certificate will be issued only to those coaches who completed both theoretical and practical part.

By the end of the full course, the coach should know:

- The fundamental scientific principles relevant to artistic swimming performance, including basic anatomy, physiology, biomechanics, psychology, and sports integrity.
- The history, structure, legal framework, rules, and governance systems that define the sport of artistic swimming.
- Rules and regulations: World Aquatics figures and free routine rules, judgment principles, eligibility, time limits, and basic competition structure for younger age groups.
- Coaching foundations, including coaching roles, ethics, safeguarding, safety protocols, positive coaching behaviours, coaching philosophy, and the pillars of coaching (technical, tactical, physical, psychological, lifestyle).
- LTAD, including stages of development, windows of trainability, fundamental movement skills, holistic development (physical, cognitive, emotional), and methods that support athlete progression.
- Core aquatic, technical, and choreographic content, including aquatic skills, sculling, propulsion, basic positions, transitions, swimming strokes, and the foundational components of routine development.

By the end of the full course, the coach should be able to:

- Teach basic artistic swimming skills effectively, including core aquatic skills, stroke fundamentals, propulsion techniques, positions, transitions, and beginner movements.
- Apply rules and regulations by recognizing fundamental technical requirements, figure expectations, and judging principles relevant to novice and age-group competition.
- Implement safe, ethical coaching practice, applying safeguarding, equality and diversity, health and safety protocols, club procedures, and appropriate professional behaviour.
- Plan and deliver beginner-level training sessions, including warm-ups, teaching progressions, synchronization work, basic choreography, and session structure aligned with athlete development principles.
- Support athlete development, identifying LTAD stages, fundamental movement skills, windows of trainability, and integrating complementary development activities (clinics, workshops, competitions, camps).

By the end of the full course, the coach should demonstrate:

- Professionalism and responsibility, presenting appropriate conduct, language, etiquette, and adhering to codes of ethics and safeguarding obligations.
- A participant-centred mindset, prioritizing safety, enjoyment, inclusion, equality, and long-term engagement in artistic swimming.
- Openness to learning and self-improvement, practicing continuous self-reflection, seeking Lifelong Learning opportunities, mentoring, and engaging in workshops or shadowing.
- Positive, supportive coaching behaviour, creating a motivating and respectful training environment that encourages confidence, creativity, and teamwork among beginners.
- Adaptability and creativity, embracing artistic development, routine creativity, varied teaching methods, and flexibility in managing unforeseen circumstances in training or competition contexts.

MODULES

Sport Science Fundamentals	12.5h
Swim Safe Europe – Learn to Swim	7h
Introduction to Artistic Swimming	6h
Coaching in Artistic Swimming	10h
Methods and Planning in Artistic Swimming	15h
Introduction to Technical and Choreographic Training	20h