EUROPEAN AQUATICS®

LEVEL 1
SWIMMING COACHES' COURSE

JANUARY 2026
ONLINE

FEBRUARY 2026
KOSOVO

INFORMATION BULLETIN



WELCOME MESSAGE

As President of European Aquatics, I'd like to welcome you all to the first edition of the European Aquatics Level 1 Swimming Coaches´ 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

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

DATE

- Online sessions: January 2026
- In-person sessions: February 2026 (in Kosovo, TBC)

REGISTRATION

- The Clinic will be organized online, using the EA Academy Educational Platform.
- Please register using this link:

  https://www.eaacademy.eu/lms/courses/level-1-swimming-coaches-course/lessons

THE PARTICIPATION FEE

- Participation fee is **500 Euros**.
- Registration and payment must be done on the European Aquatics Platform.

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

- The fundamental scientific principles relevant to 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 swimming.
- The core components of swimming technique: aquatic skills, stroke mechanics, starts, turns, and finishes.
- Key principles of training, including LTAD, energy systems, training intensity zones, and components of fitness.
- Coaching philosophy foundations, safeguarding responsibilities, and ethical duties aligned with good practice guidelines.

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

- Identify and analyse swimming technique, aquatic skills, and stroke components, correctly describing technical elements and their application.
- Assist effectively in planning and delivering swimming sessions, including briefing, demonstrating, supervising, motivating, and providing feedback to swimmers.
- Apply fundamental sport science principles (movement analysis, basic physiological responses, biomechanics concepts) to coaching situations.
- Conduct safe practice through risk assessment, lane management, equipment usage, and adherence to operating and emergency procedures.
- Recognise stages of athlete development and adapt tasks appropriately using LTAD and fundamental movement skills principles.

By the end of the 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
Introduction to Swimming	6h
Coaching in Swimming	10h
Training Methods and Planning in Swimming	15h
Introduction to Training in Swimming	20h