EUROPEAN AQUATICS

SWIMMING COACH COURSE
LEVEL 1 THEORETICAL

ONLINE

EA ACADEMY
EDUCATIONAL PLATFORM

INFORMATION BULLETIN



EUROPEAN AQUATICS' PRESIDENT MESSAGE

As President of European Aquatics I'd like to welcome you all to the European Aquatics 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!

ANTONIO SILVA

European Aquatics' President

EUROPEAN AQUATICS SWIMMING COACH LEVEL 1 THEORETICAL COURSE

EAA EDUCATIONAL PLATFORM

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 July 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.
- Registration will open on 1 July 2026.
- Please register using this link:

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

PARTICIPATION FEE

- Participation fee is **500 Euros**.
- Registration and payment must be done on the European Aquatics Academy Platform.
- Participation fee covers both theoretical and practical parts.

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 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 full 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 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 Swimming	6h
Coaching in Swimming	10h
Training Methods and Planning in Swimming	15h
Introduction to Training in Swimming	20h