

## **Ulverston ASC Coach Development and Swimmer Ratios**

Coach to swimmer ratios at the club vary depending on the ability/age of the swimmers in the pool.

For all swimmers under the age of 12 the club strives to attain a ratio of one coach to every 10 swimmers.

For the more senior swimmers this ratio may increase to one coach to every 12 to 16 swimmers.

There is always at least one ASA Level 2 coach/teacher in attendance at every session and usually up to four level 1 or poolside helpers.

Ulverston ASC is a progressive club that actively encourages interested individuals to become trained Level 1, 2 and 3 coaches/teachers.

All interested individuals are CRB checked and directed down the pathway that best matches their interests. In this way it is hoped that the club develops a strong base of accredited coaches/teachers for the future maintenance of the swimmer/coach ratio.

All coaches are encouraged to participate in Continual Professional Development (CPD) to make sure that they are up to date with the current expert thinking within the sport.

The Head Coaches have a responsibility to ensure that the ethos of proven current technical development and ideas is adopted within the club.

Paul Elwood  
Head Coach