

## CLUB POOLSIDE HELPER

Do you have a passion for coaching and a desire to help others in your club progress in the sport? Becoming a Club Poolside Helper is a great way to stay in the sport and support young members within your club to reach their full potential by assisting at club training sessions.

If you are age 14 upwards you are able to go on a poolside helper course and take back all that you have learned to your club.

*“I learned the basics of how to attract the kids and set them off in the lanes. I really loved that so I went on to do the Level One Coaching Course. I love helping out, it means a lot to me.”*

Kate Nisbet, Club Poolside Helper

*“If you are thinking of volunteering in sport just definitely get out there and do it because it makes a real difference to me and the rest of the athletes....without volunteers events literally would not be able to run.”*

Ross Murdoch, Olympic Athlete

### WHAT WILL YOU DO?

- Attend training sessions at your club
- Help with the setup of club training sessions
- Assist the coach to deliver the session and advise swimmers on basic technique
- Be aware of safety at all times during the session
- Ensure swimmers have the correct equipment needed
- Make sure swimmers abide by the rules of the club and display correct behaviour

### WHAT ATTRIBUTES DO YOU NEED?

- Good organisation and communication skills
- Reliable and trustworthy
- Approachable and friendly
- Motivator and problem solver
- Patience
- Enthusiasm

## HOW MUCH TIME DO I NEED TO GIVE?

This programme will run at your own club. Each club with a trained Educator will base your training around the club environment.

Over the last two years we have put on Educator programmes for lead coaches. To date 55 clubs have had someone trained. Please click on the link below to see which clubs have received the training and then speak to one of the coaches and they can let you know when the next course will run in your club. However if your club isn't listed here then encourage your lead coaches to sign up to the educator training days. These courses can be found by clicking on the following link:

<https://www.scottishswimming.com/events-calendar/learning-development.aspx>

In the filter choose 'Coaching CPD/Seminar