



UANA Synchronized Swimming Coaches Education and Certification Pilot Program

MISSION: To increase the number of synchronized swimming coaches in UANA and advance their level of coaching expertise.

The UANA Technical Synchronized Swimming Committee believes that the first step to improving the performance level of UANA countries, globally, is to improve the competency of the coaches in UANA. We are committed to creating and delivering a standardized coach education program to UANA countries (with customized/flexible methods).

PROPOSAL:

- A. UANA will provide a list of high level coach/mentors to participating Federation(s) or club(s). Ideally a coach mentor would visit two times per year for one week. An initial assessment will be made of the current program and coaching needs to determine the direction for the coach education and athlete skill development of the participant(s). Program content is divided into learning modules with hands on site teaching and mentoring of coaches and athletes. Monitoring of progress will be conducted between site visits.

- B. Groups or individuals can access the Program in four ways:
 1. By individual Federation
 2. By clusters of nearby Federations
 3. By individual clubs
 4. By clusters of nearby clubs

- C. Participants would provide:
 1. Committed Coaches and Athletes
 2. Adequate facilities and equipment for training (pool, gym, classroom, music system, microphone and video)
 3. Financially Responsible for: (costs estimated **per visit**)
 - a. International air travel for visits by the professional coach/mentor..... \$1,500
 - b. Food and housing for the visiting coach for sessions.....\$1,500
 - c. Honorarium Guidelines for visiting coach/mentor for sessions.....range between \$1,500 to \$2,500 USD pending qualifications and experience.

- d. Duplication of resources and any other on site supplies or teaching aids needed.
 - e. Completed Questionnaire and Evaluation of program, coach/mentor and course materials.
- D. Coach/Mentor would provide a full report to UANA TSSC including:
- a. A copy of the course material package upon completion of the clinic. Each clinic/course that is conducted will be compiled into a course package for use in future courses.
 - b. Completed questionnaire and evaluation of course program, coach/mentor and course materials.
 - c. Summary analysis of outcomes, suggested changes to program materials and delivery methodology; and
 - d. Other recommendations for future projects.