

ONGOING SUPPORT FOR COACHES

SWIMMING QUEENSLAND ATHLETIC DEVELOPMENT PROGRAM



1

Coach Development

- Meet with your coaches regularly (e.g. weekly/fortnightly) or on an ad hoc basis
- Practical coach education sessions (e.g. "Coach the Coach")
- Zoom meetings with your coaches to provide support, answer questions and share knowledge.

2

Mentoring

- Ongoing mentoring of a coach (or coaches)
- Involves face to face contact and weekly check-ins
- Available for Q&A to support the coach in delivering to athletes
- Minimum commitment (12 weeks)

3

Rehabilitation Support

- Providing guidance and advice with regards to program design when rehabilitating athletes
- Programming design (rehab and prehab)
- 1:1 coaching support for athletes (or coaches) specifically during rehabilitation

4

Progress Check

- Sessions coached (or supported by our coaches) to assess progress of athletes.
- Re-testing of athletes
- Can be delivered for individual athletes, small groups or large groups, on-site or off-site
- A great way to ensure athletes are moving correctly and progressing.

5

Testing / Training Camps

- Training Days / Testing Days for your athletes
- Can be delivered on-site or off-site (e.g. at Fitter Futures)
- Team building
- Re-testing
- Coaching athletes to improve movement and to learn new movements
- Athlete education (e.g. nutrition, recovery etc)

These are all bespoke services. We can provide a cost estimate based on scope and coaches required/requested.

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