



## AquaGO! Instructor Online Course

### Modules 1-3 ONLY

- Dates:** September 1<sup>st</sup> AND September 8<sup>th</sup> – 6:30pm to 9:30pm
- Candidate:** This online AquaGo! course is for new coaches or previously trained Comp Intro courses who will be delivering the AquaGo! program in their clubs.
- Facilitator:** Vanessa Keenan
- Platform:** Zoom – it is the participant’s responsibility to ensure you are prepared. If you do not have the app make sure you have enough time on the start date of the course to follow the link to install the app.
- Deadline:** September 1st at 12:30pm

Registration is via the [Artistic Swimming Coach website](#) > Coach Calendar. Registration is open to AB and will be on a first come first serve basis. Min. of 5 and max. of 16 participants. Non AB residents will be removed unless the course is not full.

- Fee:**
- \$75 online course fee – payable to Alberta Artistic Swimming
  - Additional fees for pre-requisites and micro-teaching evaluation – see below
    - E-transfers emailed to Jennifer Luzia at [jluzia@albertaartisticswimming.ca](mailto:jluzia@albertaartisticswimming.ca)
    - PayPal invoice – subject to 4% administration fee – request invoice from [Jennifer Flowers](#)
    - Cheques payable to Alberta Artistic Swimming – AAS must receive them by the deadline

**\*Please reference the AquaGo! Sept. Course and the candidates name.**

**There will be no refunds.**

#### Prerequisites:

- **Candidates must be 15 – no exceptions**
  - Pre-req #1: AquaGO! Preclinic Reading & Quiz - \$50 (payable on [artisticswimmingcoach.ca](http://artisticswimmingcoach.ca))
  - Pre-req #2: CAS LTAD Framework Reading & Quiz – No fee (on [artisticswimmingcoach.ca](http://artisticswimmingcoach.ca))
  - Pre-req #3: S4L Intro to Physical Literacy Module via [sportforlife.ca](http://sportforlife.ca) campus - \$24.95
  - Pre-req #4: Coach Association of Canada (CAC) Coach Initiation in Sport via [coach.ca](http://coach.ca) - Fee \$15
  - **NOTE: The registration ‘button’ for the online course will open to candidates who complete their prerequisites. If prerequisites are not complete you will not be able to register.**

**Micro-teaching Evaluation:** \$10 – payable directly to evaluator once assigned. To be completed after modules 1-5 have been completed.

#### Course Information:

- The course will be open to AB coaches.
- A minimum number of 5 must be registered to run the course and a maximum of 16 will be accepted.



- Candidates must participate via video and audio – candidates must be visible throughout the course. It is your responsibility to ensure your equipment is working.
- Candidates will be considered registered once all prerequisites are completed and AAS has received payment.
- Candidates will receive a link to participate in the workshop no later than September 1<sup>st</sup>.
- After completing modules 1-5, candidates will be eligible to coach however MUST still complete a skills performance review and a 10-15 minute micro-teaching session within one month of the course. Information for this will be provided following the course. Once COVID-19 restrictions are lifted and coaching returns to normal candidates will have a limited time to complete these requirements in order to receive full credit as being trained.
- To complete certification please see the information on the [ASC website > Coach Pathway](#).
- The AquaGo! course is the prerequisite to the Competition Introduction Course.

#### DETAILED SHCHEDULE

Modules	Date	Time
Module 1: Delivering AquaGo! <ul style="list-style-type: none"> <li>• NCCP Overview</li> <li>• Review Locker, CAS Coach Pathways &amp; <a href="http://artisticswimmingcoach.ca">artisticswimmingcoach.ca</a></li> </ul>	Sept. 1 and 8	6:30pm to 9:30pm
Module 2: LTAD & Fundamental Movement Skills		
Module 3: Swimming Fundamental Skills		

#### PLEASE NOTE:

**My office hours are Monday through Thursday from 9am to 2:30pm. As the administrator of registration for this course please make sure any questions you have are during these hours prior to the deadline. Anyone who completes prerequisites after the deadline may not be able to get into the course.**

