

EXMOUTH
SWIMMING CLUB



Exmouth Swimming Club's (the "Club") Philosophy and Programme for Teaching and Coaching Swimming

The Club's philosophy is summed up in the Mission Statement: "To inspire and enable our members to achieve excellence in swimming and promote lifelong participation and enjoyment of the sport."

The aim of the Club is to provide swimmers with a positive experience and to provide a safe, welcoming, open and inclusive environment for individuals to develop their swimming skills and recognise their potential. As well as learning new skills, the swimmers learn to interact with others and make new friends as well as lots of life skills such as teamwork, resilience and confidence.

Whilst the swimming tuition is given within a friendly and welcoming framework, this does not detract from the high standard of teaching/coaching given at the Club. The focus is to enable each individual to achieve their own personal potential in swimming – whatever that may be.

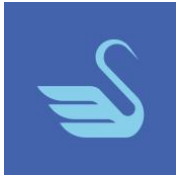
The Club's Annual Programme ensures that tuition is given on all strokes and related swimming skills, and that members from all sections have the opportunity to participate in Galas, Time Trials and the annual Club Championships. As swimmers progress through the Club, they have opportunity to compete in external competitions e.g. Galas, County Championships and Open Meets.

Older swimmers are encouraged to give-back and teach on poolside at training sessions with the younger swimmers. This gives them a better understanding of stroke technique, improves their confidence and provides the younger swimmers with excellent role models. In order to ensure the continued high level of swimming tuition, the Club encourages the coaching / teaching personnel to update their training on a regular basis and signposts CPD opportunities.

In an ideal world, we would love to be able to offer all our swimmers a complete pathway from learner to national competitor, but we recognise that with our current offer of pool time/training sessions, we do not currently provide the complete pathway right to the very top. As with any sport, to compete at national level, it is necessary to train for more sessions a week than we currently offer.

Other local clubs may be able to provide more swimming sessions per week and we cooperate with other local clubs to fulfil the potential of our members.

We are keen to provide a healthy social side to the Club and seek to arrange events during the year to reward members and build a team ethos.



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The success of our Club is largely due to the commitment and skills of our Coaches and Teachers, our team of qualified and willing volunteers together with the opportunities we offer to our swimmers.

Reviewed: October 2024

Next Review: October 2025