

### WESTERN ACADEMY OF BEIJING

10 LAI GUANG YING DONG LU, CHAO YANG DISTRICT, BEIJING 100102

**FRIDAY 10 TO SUNDAY 12 NOVEMBER**

**SAT • SAT BABIES & TODDLERS • SAT LEARNERS WITH DISABILITY • LIFEGUARD  
• FOUNDATION COACH • SWIMMING AUSTRALIA DEVELOPMENT COACH**



**DON WATSON BROWN (HOST)**

Don is a coach with 25 years experience as a Head Coach, Team Coach and handler across Open Water (Marathon) and Pool, and is an inductee on the Australian Marathon Swimming Hall of Fame. His coaching association with Marathon swimming was founded in Townsville - starting in 1996 - as Head Coach of Gardens Swimming Club. He has represented Australian Swimming on a number of teams ranging from 2000 Oceania Open Water Championship in Christchurch, New Zealand, as well as Australian Team Coach at the 2007 FINA World Swimming Championships, Melbourne; 2008 FINA World Open Water Swimming Championships and World Championships. Don is currently at the Western Academy of Beijing.



**STEPHAN WIDMER**

Stephan is a former swimmer and Platinum coach. Stephan was appointed as the State Training Centre Head Coach at Queensland Academy of Sport in 2001 and named Head Coach on 2014. His coaching concept is based on a process driven and race pace specific training. Stephan understands the complexity of human limitations, both physically and mentally and what it takes to lead athletes to their true potential. His swimmers have achieved 20 World Records, 3 Olympic Gold Medals and 16 World Championships Gold Medals.



**AMY GRIFFITH**

Amy has been involved in the swimming industry for the past 30 years as both a swimmer and an industry professional. Amy's vast expertise in the industry has seen her work across three states in many varying capacities. Amy started her working career as a swim coach and swim teacher and soon evolved to become a Head Coach. Amy has been a Development Officer for Swimming Northern Territory; she has managed and set up Swim Schools; and she has become a Trainer/Mentor for swimming and aquatic courses passing on her passion and expertise.



**AMANDA ALLEN**

Amanda is an avid swimmer and has represented Australia in kayaking from 1999 to 2001 where she achieved many accolades. Professionally, her education career has brought her to the UAE, China and now Indonesia where she's taking on a role as Aquatics Director at the Jakarta International School. Her passion lies within building swimming programs that promote balance, education, and compassion where all stakeholders are valued community members.



**GARY TONER**

Gary is the Executive Officer of Swim Coaches & Teachers Australia and celebrated 43 years in the aquatic industry in 2023. Gary has coached on Australian Swim teams and coached numerous swimmers representing Australia and other countries at the Olympics, Worlds, Pan Pacs and Commonwealth Games. Gary conducts Australian and international teacher and coaching clinics and conferences for the aquatic industry. Gary was inducted into the Australian Marathon Swimming Hall of Fame in 2020 as a Coach.



**JOANNE EFENDI**

With over 22 years in the Aquatic Industry, Joanne has managed several learn-to-swim pools and aquatic centres on Queensland's Sunshine Coast. Joanne now works as a Project Officer in the SWIM Coaches & Teachers Australia office for the SWIM Jobs Victoria project and in the Marketing and Communications department. Joanne is a best-selling published author and holds a Bachelor of Arts in Public Relations and a Post Graduate Certificate in Editing & Publishing. Joanne speaks Indonesian and has lived and worked extensively in Indonesia, Japan, and the UK. With her vast knowledge and experience, she aims to inspire and educate others of the importance in learn to swim.

**REGISTER ONLINE AT:**  
**SWIMCON.ORG/INTERNATIONAL**

### **COSTS:**

3 Days Conference	USD \$1000
2 Days Conference	USD \$750
1 Day Conference	USD \$400

### **OPTIONS & INCLUSIONS**

Conference delegates may choose to attend one, two or three days of the conference.

Pool-based as well as lecture-based presentations are on offer. Attendees may mix and match whatever sessions they choose.

Attendees wishing to gain accreditation in any of the accreditation courses on offer will receive an enrolment plus the course resources and must attend a defined range of presentations.

Please book early for the courses as online theory needs to be completed pre-course.

Meet & Greet price included in registration fee.

Registration includes transportation each day between East Beijing Hotel and WAB.

SPEAKERS AND TOPICS SUBJECT TO CHANGE.

### **THURSDAY 9 NOVEMBER - MEET & GREET 4-7PM**

EAST BEIJING HOTEL  
INCLUDES FOOD AND 1 BEER OR WINE  
MUST REGISTER TO ATTEND

### **MONDAY 13 NOVEMBER - GREAT WALL TOUR 6+HOURS**

TOUR INCLUDES: BUS TRIP AND TOUR GUIDE, GREAT WALL ENTRY,  
RETURN CHAIRLIFT TICKETS OR CHOOSE TO TOBOGGAN DOWN  
540 RMB - TAKING EXPRESSIONS OF INTEREST

### **PREFERRED HOTEL - EAST BEIJING HOTEL**

No.22 Jiu Xian Qiao Road, Chaoyang District, 100016 Beijing, China  
INCLUDES TRANSPORTATION EACH DAY BETWEEN HOTEL & WAB  
[www.easthotels.com/en/beijing/](http://www.easthotels.com/en/beijing/)

## CONFERENCE PROGRAMME

### DAY 1

FRI 10 NOV 2023

Time		
8.00 - 8.30	Registration and Welcome	
8.30 - 5.00	<b>LIFEGUARD COURSE</b> <i>Amy Griffith</i>	Classroom
8.30 - 5.00	<b>SAT COURSE</b> <i>Amanda Allen</i>	Classroom
8.30 - 5.00	<b>FOUNDATION COACH COURSE</b> <i>Gary Toner</i>	Classroom
5.00	Finish	

### DAY 2

SAT 11 NOV 2023

Time		
8.00 - 8.30	Registration and Welcome	
8.30 - 10.00	<b>DON WATSON BROWN</b> Starts / Turns / Finishes - Progressions	
10.00 - 10.30	Morning Tea	
10.30 - 11.30	<b>AMY GRIFFITH &amp; AMANDA ALLEN</b> Swimming Games and Activities for School (and Private) Swimming Lessons	
11.30 - 12.30	<b>AMANDA ALLEN</b> Preparing your School Swim Team	
12.30 - 1.15	Lunch Break	
1.15 - 2.15	<b>STEPHAN WIDMER</b> <i>keynote</i>	
2.15 - 3.15	<b>STEPHAN WIDMER</b> Pool Practical Session	
3.15 - 3.45	Afternoon Tea	
3.45 - 4.45	<b>GARY TONER</b> Effective Coaching Styles - Working with Athletes, Parents and Coaches	
4.45	Finish	

### DAY 3

SUN 12 NOV 2023

Time		
8.00 - 8.30	Registration and Welcome	
8.30 - 5.00	<b>SAT LEARNERS WITH DISABILITY COURSE</b> <i>Amy Griffith</i>	
8.30 - 5.00	<b>SWIMMING AUSTRALIA DEVELOPMENT COACH COURSE</b> <i>Gary Toner</i>	
8.30 - 5.00	<b>SAT BABIES &amp; TODDLERS COURSE</b> <i>Amanda Allen</i>	
5.00	Finish	

### COURSES

#### Lifeguard

FRI 10 NOV 2023

Time		
8.30 - 9.00	Registration	
9.00 - 10.00	<b>Swim Test / Provide Emergency Care</b> Amy Griffith	Classroom
10.00 - 11.00	<b>Perform Basic Water Rescues</b> Amy Griffith	Pool
11.00 - 11.15	Refreshment Break	
11.15 - 12.15	<b>Supervise Clients in Aquatic locations</b> Amy Griffith	Pool
12.15 - 1.15	<b>Perform Cardiopulmonary Resuscitation</b> Amy Griffith	Classroom
1.15 - 1.45	Lunch Break	
1.45 - 2.45	<b>Administer Oxygen in an Emergency</b> Amy Griffith	Classroom
2.45 - 3.45	<b>Spinal Boards</b> Amy Griffith	Classroom
3.45 - 4.45	<b>Perform Advanced Water Rescues</b> Amy Griffith	Pool
4.45 - 5.00	Debrief	

See additional information and prerequisites.

#### Swim Australia Teacher

FRI 10 NOV 2023

Time		
8.30 - 9.00	Registration	
9.00 - 10.00	<b>Introduction to Water</b> Amanda Allen	Pool
10.00 - 11.00	<b>Introduction to Basic Freestyle</b> Amanda Allen	Pool
11.00 - 11.15	Refreshment Break	
11.15 - 12.15	<b>Introduction to Basic Backstroke</b> Amanda Allen	Pool
12.15 - 1.15	<b>Introduction to Basic Breaststroke and Butterfly</b> Amanda Allen	Pool
1.15 - 1.45	Lunch Break	
1.45 - 2.45	<b>Teaching Personal Safety &amp; Water Safety Skills</b> Amanda Allen	Pool
2.45 - 3.45	<b>Rescues</b> Amanda Allen	Pool
3.45 - 4.00	Refreshment Break	
4.00 - 5.00	<b>Micro Teaching / Lesson Planning and Debrief</b> Amanda Allen	
5.00	Finish	

See additional information and prerequisites.

### COURSES

Foundation Coach		FRI 10 NOV 2023
Time		
8.30 - 9.00	Registration	
9.00 - 10.00	<b>Competitive Freestyle</b> Gary Toner	Pool
10.00 - 11.00	<b>Competitive Backstroke</b> Gary Toner	Pool
11.00 - 11.15	Refreshment Break	Pool
11.15 - 12.15	<b>Competitive Breaststroke</b> Gary Toner	Pool
12.15 - 1.15	<b>Competitive Butterfly</b> Gary Toner	Pool
1.15 - 1.45	Lunch Break	
1.45 - 3.45	<b>Starts / Turns / Individual Medley</b> Gary Toner	Pool
3.45 - 4.00	Refreshment Break	
4.00 - 5.00	<b>Squad Management and Debrief</b> Gary Toner	Classroom
5.00	Finish	

See additional information and prerequisites.

Swimming Australia Development Coach		SUN 12 NOV 2023
Time		
8.30 - 9.00	Registration	
9.00 - 10.00	<b>Coaching Style, Communication and Behaviour</b> Gary Toner	Classroom
10.00 - 11.00	<b>Physiology, Energy Systems and Seasonal Planning</b> Gary Toner	Classroom
11.00 - 11.15	Refreshment Break	
11.15 - 12.15	<b>Session Planning</b> Gary Toner	Classroom
12.15 - 1.15	<b>Athlete and Coach Wellbeing</b> Gary Toner	Classroom
1.15 - 1.45	Lunch	
1.45 - 3.45	<b>Pool session - Advanced drills for competitive programs, all strokes</b> Gary Toner	Pool
3.45 - 4.00	Refreshment Break	
4.00 - 5.00	<b>Technology and Coaching / Debrief</b>	Classroom
5.00	Finish	

See additional information and prerequisites.

## COURSES

Swim Australia Teacher Learners with Disability		SUN 12 NOV 2023
Time		
8.30 - 9.00	Registration	
9.00 - 10.00	Limitations and Capabilities - Dry Land Amy Griffith	Classroom
10.00 - 11.00	Entries / Exits - Wet Session Amy Griffith	Pool
11.00 - 11.15	Refreshment Break	
11.15 - 12.15	Limitations, Capabilities and Water Safety - Wet Session Amy Griffith	Pool
12.15 - 12.45	Biomechanics - Wet Session Amy Griffith	Pool
12.45 - 1.15	Lunch Break	
1.15 - 2.45	Stroke Simulation and Adjustments - Wet Session Amy Griffith	Pool
2.45 - 4.15	Programming - Practical Assessment - Dry / Wet Session Amy Griffith	Classroom/Pool
4.15 - 4.30	Refreshment Break	
4.30 - 5.00	Debrief	
5.00	Finish	

See additional information and prerequisites.

Swim Australia Teacher Babies and Toddlers		SUN 12 NOV 2023
Time		
8.30 - 9.00	Registration	
9.00 - 11.00	Dry / Wet Skills Amanda Allen	Classroom
11.00 - 11.15	Refreshment Break	
11.15 - 12.15	Wet Skills Amanda Allen	Pool
12.15 - 1.15	Dry Programming Amanda Allen	Pool
1.15 - 1.45	Lunch Break	
1.45 - 3.45	Wet Programming Amanda Allen	Pool
3.45 - 4.00	Refreshment Break	
4.00 - 5.00	Lesson Planning and Debrief Amanda Allen	Pool
5.00	Finish	

See additional information and prerequisites.

This course is advantageous in school settings for those working with Early Years, Kindergarten and Lower Elementary school students.



## ADDITIONAL INFORMATION

PHOTO ID is required for ALL COURSES. All SWIM Australia Teacher International accreditations are valid for 3 years from the date of issue, except lifeguard and CPR.

### SWIM AUSTRALIA TEACHER

Participants will spend most of the day in and out of the water.

Participants will receive an International Swim Australia Teacher Certificate on completion.

To complete the SAT course:

- Online Theory component
- Face to Face Practical workshop
- On the job training
- Competency Assessment

### SAT BABIES & TODDLERS

Prerequisite SAT course to be started.

Participants will spend most of the day in and out of the water.

Participants will receive an International Swim Australia Teacher B&T Certificate on completion.

Certificate awarded on completion of:

- Online Theory Modules
- Practical Workshop Induction
- On the job Training
- Competency Assessment
- Accumulative Training Record

### INTERNATIONAL LIFEGUARD CERTIFICATE

Certificate awarded on completion of:

- Online Theory Modules
- Practical Workshop Induction
- On the job Training
- Competency Assessment
- Additional course assessment may be needed with video assessment

Once this qualification has been attained, a refresher will need to be carried out every 12 months.

You must hold a valid first aid from your country of residence as a prerequisite and submit that as part of the course registration.

Students who have successfully completed this course will receive an electronic SCTA Pool Lifeguard certificate.

### FOUNDATION COACH COURSE

This is the introductory coaching course for mini squads and those moving towards competitive swimming.

Please bring a stopwatch for this workshop.

Participants will receive an International Swim Australia Foundation Coach Certificate on completion.

Participants are expected to be able to get in the water to complete tasks, participate and demonstrate.

To complete the Foundation Coaching course:

- Online Theory component
- Face to Face Practical workshop
- On the job training
- Competency Assessment

### SWIMMING AUSTRALIA DEVELOPMENT COACH (WORKSHOP)

Please bring a stopwatch for this workshop.

To complete the Development Coaching course:

- Online Theory component
- Face to Face Practical workshop
- On the job training
- Competency Assessment

This course is for coaches working already in coaching programs at development levels, and pre-requisites are required to register.

### SAT LEARNERS WITH DISABILITY

Participants will spend most of the day in and out of the water.

Participants will receive an International Swim Australia Teacher LWD Certificate on completion.

Certificate awarded on completion of:

- Online Theory Modules
- Practical Workshop Induction
- On the job Training
- Competency Assessment
- Accumulative Training Record