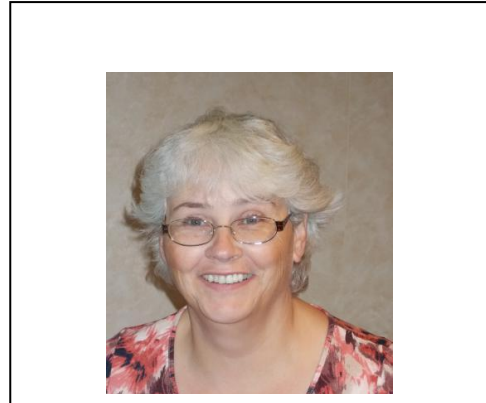


Coach Profile

Name:	Karen Watson
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Current Role:	Head Coach
Previous Role(s):	Coach, Teacher, Team Manager
Qualifications:	<p>Swimming Qualifications</p> <p>Level 3 UKCC Coaching Aquatics, Level 2 UKCC teaching Aquatics, NSTRAC, Level 2 coaching disability, Level 2 teaching disability, Level 1 Swim England National Para coaches award</p> <p>Non-Swimming qualifications that are relevant to coaching and teaching</p> <p>Level 7 strategic business management, Level 5 Diploma Leadership and management in health and social care, including working with vulnerable adults and young people, Level 5 Diploma in Education and Training, Level 3 National Diploma in Child Care, Level 3 Diploma working in Mental Health, Level 3 behaviour management, MAPPA training, Level 3 working with individuals with challenging behaviours. Level 3 Diploma in Play work, Level 3 Designated Safeguarding officer. Team manager module 1 and module 2. Level 3 working with individual's with learning disabilities. Level 3 understanding Autism. Level 3 assessing individual needs, Level 3 Equality, diversity and Inclusion, Level 2 anxiety awareness award. I also hold A1, V1, TAQA assessor and verifier qualifications.</p>

	<p>CPD and Short course Training</p> <p>I also hold a lot of short courses including teaching Breaststroke, Inclusive learn to swim programmes, National plan, delivering competitive start awards, disability awareness, basic BSL, Prevent, UK Coaching safeguarding and protection, and have current, up to date CPD.</p>
<p>Experience & major achievements: (Swimming & Para-Swimming)</p>	<p>I have worked within swimming since 1995, and have been teaching and coaching since 2004. I started within para and disability alongside mainstream</p> <p>I have para swimmers selected for talent programmes, GB selection and have swimmers selected for World para championships. I have developed a large squad from learn to swim through to international level. I deliver learn to swim programmes for para, disability and mainstream family swimming, teach and coach at all levels and have a large group of committed and motivated swimmers.</p>
<p>Coaching Philosophy:</p>	<p>My Philosophy is to promote inclusivity within multi abilities regardless of any impairments or barriers, to identify the swimming potential of an individual be it para, disability or mainstream and to strive to fulfil that potential.</p>
<p>Top Tip(s) for coaches:</p>	<p>To always focus on the 'can do', and not the 'can't do'</p>
<p>Favourite Sports Team(s):</p>	<p>Outside of swimming I enjoy watching athletics so the 4x100m and 4x400m relay squad.</p> <p>Within Swimming, my own 4x50m and 8x25m freestyle para relay squad.</p>