

Paul Hardman

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To whom it may concern,

Between the 22<sup>nd</sup> June – 15<sup>th</sup> July 2018, I was invited to India to conduct an elite training camp for competitive swimmers who attend The Pathways School in Gurgaon, New Delhi. I was engaged to conduct the camp by ASCTA. (the Australian Swimming Teachers and Coaches association) ASCTA where contacted by Dr Manish Gogia, swimming coach and Head of Department in Physical education at the School.

Throughout the 3-week period I work closely with Amarjeet Kaur Dhaliwal, who had been appointed as the assistant coach for the school camp.

Amarjeet demonstrated enthusiasm for learning about all matters relating to swimming coaching and quickly displayed a high level of competency as an assistant coach. As coach, Amarjeet was involved in the daily planning and delivery of all programs, was popular with all swimmers and staff and built a strong rapport with swimmers directly under her guidance.

Throughout the three-week camp, we discussed the needs of competitive swimmers and implemented ideas to improve the daily training environment for all. The topics included, training etiquette for competitive swimmers, use of the pace clock to improve training standards and provide daily feedback, drills in all 4 strokes that are used to develop and refine technique, different types of training stimuli to achieve specific outcomes, and how to contribute to building a team atmosphere.

All swimmers were filmed in all 4 strokes and reviewed technically by the coaches. Amarjeet played a big role in this initiative and in turn, this gave her great insight into the key teaching points that contribute to good technique and common mistakes that swimmers make.

Amarjeet demonstrated excellent use of technology and social media to promote the camp and communicate with all stakeholders including swimmers, parents and staff. She contributed to the delivery of dry land activities and was able to learn from other staff members who were highly experienced in specific dry land activities for swimmers.

The camp provided a broad-based learning opportunity for an enthusiastic developmental coach. With a background as a national level swimmer, a demonstrated passion for coaching, I believe Amarjeet is in a strong position to assert herself as an aspiring young coach and contribute to the future development of competitive swimming in India.

Regards

Paul Hardman



Platinum Licence Swimming Coach

2 x Olympic Coach: Australian National Team