

SSE Course – Online

Friday, 10 October 2025 (10h00 – 14h00 CET)

08:00- 12:00 Icelandic time

Antonio Silva, PhD (Professor) University of Trás-os-Montes & Alto Douro, Vila Real; European Aquatics President; World Aquatics Vice President

Aldo Costa, PhD, (Professor) University of Beira Interior; (President) Portuguese Swimming Coaches Association & (Vice-President) Coaching Confederation of Portugal

Sílvia Costa, PhD Student; Project Manager, ASR European Aquatics

Program: 10. October

10:00 – 10:15 | Platform Entry & Participant Reception

Welcome of participants to the online platform.

10:15 – 10:30 | Welcome & Introduction

10:30 – 11:15 | Module I: Introduction to SSE

Overview and context on SSE, based on the 2023 LTS presentation and survey results.

11:15 – 11:30 | Q&A – Module I

11:30 – 11:45 | Coffee Break

12:00 – 12:45 | Module II: Implementation Process

Explanation of the implementation process, with a brief preview of Modules III, IV, and V.

12:45 – 13:00 | Q&A – Module II

13:00 – 14:00 | Knowledge Assessment Test

Online test to assess knowledge acquired during the session (form available only during this time).

DAY 2 – ONSITE (6-7h total) - Theory only

Date: e.g., 11 October 2025 (local Icelandic time (GMT/UTC+0))

Venue: ISI Conference Rooms, Engjavegur 6, 104 RVK

Boro Štrumbelj, Ph.D. (Assistant Professor) University of Ljubljana Faculty of sport.

Rókur í Jákupsstovu, European Aquatics Bureau Member, President of Faroe Islands Aquatics, AQUA Certified Level 3 Coach.

Program:

12:00 - 13:00 → Lunch Café EASY - Engjavegur 6, 104 RVK

13:00 - 13:15 → Welcome and Introduction

13:15 - 15:30 → Module IV - SSE Organizational Model + Bronze Level Theory

15:30 - 16:00 → Coffee Break

16:00 - 18:00 → Module IV - Silver & Gold Levels Theory

DAY 3 – ONSITE (7h total) - Includes pool session

Date: e.g., 12 October 2025 (local Icelandic time (GMT/UTC+0))

Venue: Theory at ISI Conference Rooms, Engjavegur 6, 104 RVK / Practice at Laugardalslaug Pool

Program:

09:00 - 10:30 → Module IV - Pool-Based Practice (Bronze, Silver, Gold Levels)

10:30 - 11:00 → Coffee Break

11:00 - 12:30 → Module V - Instructor & Supervisor Evaluation

12:30 - 13:30 → Lunch at Café Easy

13:30 - 15:00 → Module V - Final Reflections, Feedback, and Implementation Planning

15:00 - 16:30 → Coffee Break

16:30 - 18:00 → Instructor Certification Test / Q&A / Closure