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2025 GEORGE TOWN HERITAGE INTERNATIONAL OCEAN SWIMMING FESTIVAL 16th - 23rd FEBRUARY

WOWSA-ASCA COACHES EDUCATION

OPEN WATER SWIMMING COACHES CERTIFICATION COURSE
Friday, 25th - Sunday, 27th October 2024
Province Wellesley - Butterworth - Pearl of the Orient - Penang
MALAYSIA



Lecturer :
Coach Fernando Possenti
Brazil



Lecturer :
WOWSA CEO Quinn Fitzgerald
USA

FEATURING



SECURE YOUR SPOT

WOWSA-ASCA OPEN WATER SWIMMING COACHES CERTIFICATION COURSE

Conducted by

**COACH FERNANDO POSSENTI &
WOWSA CEO QUINN FITZGERALD**

Friday 25th Oct. to Sunday 27th Oct 2024

**@Crowne Plaza Penang Straits City
Province Wellesley – Butterworth**

Pearl of the Orient – Penang

MALAYSIA



Quinn Fitzgerald is an accomplished American pool and open water swimmer from California. He represented Yale University, The Olympic Club, and The South End Rowing Club.

Quinn is dedicated to building a thriving global community around open water swimming.



Quinn currently serves as a board member **and CEO of the** World Open Water Swimming Association (WOWSA).

His achievements include winning the 50m freestyle at the IISA 3rd World Championship in Murmansk, Russia, in March 2019, with a time of 26.94 seconds in 0.2°C (32.3°F) water. Additionally, Quinn is the race director of the Trans Tahoe Solo UltraMarathon Swim.

Spotlight on Quinn Fitzgerald

Quinn Fitzgerald, the CEO of WOWSA (World Open Water Swimming Association), brings a wealth of foresight, experience, and insight to open water swimming. With a career spanning numerous transformative initiatives, Quinn has been at the forefront of promoting and developing open water swimming globally.

Quinn's journey in open water swimming marks a visionary approach, recognising the sport's vast potential early on. His strategic foresight has guided WOWSA to new heights, fostering a thriving swimmers, coaches, and enthusiasts community. His extensive experience includes organising and overseeing numerous international events, ensuring they meet and exceed global standards of excellence.

What sets Quinn apart is his deep insight into the sport. He understands the nuances of open water swimming, from the technical aspects to the psychological challenges athletes face. This insight allows him to guide coaches, helping them nurture and develop world-class swimmers.



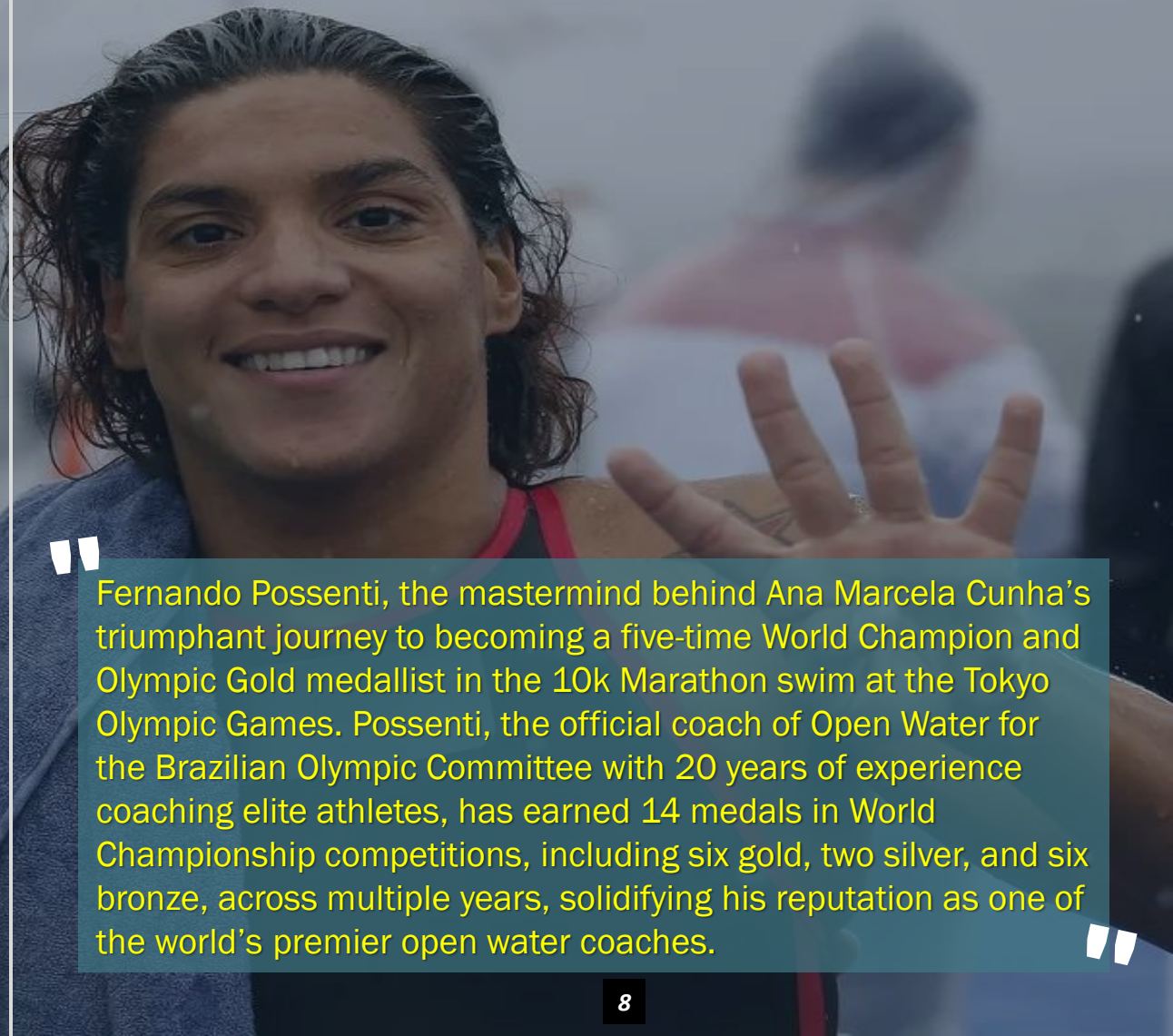


Looking ahead, the future of open water swimming under Quinn's leadership is incredibly promising. He envisions a sport that continues to grow in popularity, attracting more participants from diverse backgrounds. Quinn's initiatives are set to expand the reach of open water swimming, making it more accessible and inclusive.

Join us at the [WOWSA-ASCA Open Water Coaches Certification Course](#) and gain firsthand knowledge from Quinn Fitzgerald. Learn about the future of open water swimming and how you can be part of this exciting journey.

▶ **Achievements and Highlights:**

- CEO of WOWSA (World Open Water Swimming Association)
- Recognised for strategic foresight in open water swimming
- Organiser and overseer of numerous international open water events
- Promoted global standards of excellence in open water swimming
- Deep insight into technical and psychological aspects of the sport
 - Guided WOWSA to foster a thriving global community
- Advocated for the accessibility and inclusivity of open water swimming
 - Instrumental in expanding the reach and popularity of the sport



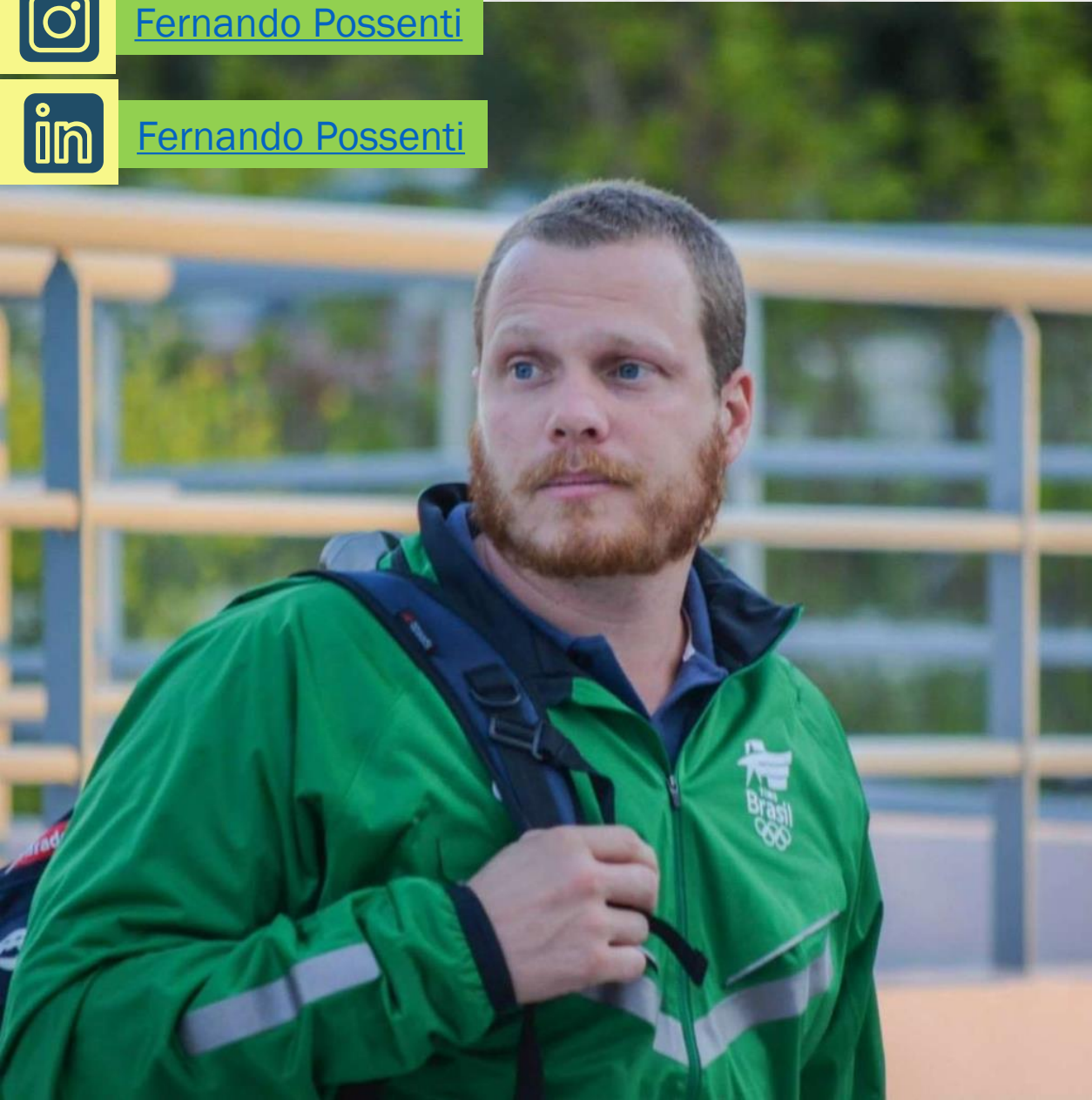
“ Fernando Possenti, the mastermind behind Ana Marcela Cunha’s triumphant journey to becoming a five-time World Champion and Olympic Gold medallist in the 10k Marathon swim at the Tokyo Olympic Games. Possenti, the official coach of Open Water for the Brazilian Olympic Committee with 20 years of experience coaching elite athletes, has earned 14 medals in World Championship competitions, including six gold, two silver, and six bronze, across multiple years, solidifying his reputation as one of the world’s premier open water coaches. ”



[Fernando Possenti](#)



[Fernando Possenti](#)



Fernando Possenti has succeeded as an open water coach, guiding his athletes to Olympic Gold and receiving the esteemed World Aquatics Coaching Achievement Award consecutively from 2014 to 2021.

Possenti's coaching prowess is exemplified by his work with Ana Marcela Cunha, who, under his tutelage, secured five World Champion titles and an Olympic Gold medal in the 10k Marathon swim at the Tokyo Olympics. With over two decades of coaching experience, he currently serves as the official coach of Open Water for the Brazilian Olympic Committee, fostering elite athletes who represent Brazil on the Olympic stage.

Throughout World Championship competitions, Possenti's athletes have consistently excelled, accumulating an impressive tally of 14 medals, including six gold, two silver, and six bronze, across multiple years such as 2013, 2015, 2017, 2019, 2022, and 2023.

Possenti's profound impact on Brazilian sports was officially recognised with his election as the best coach in Brazil across all sports disciplines in 2018 and 2021. Before his coaching career, he enjoyed a successful tenure as a swimmer, claiming titles as the Brazilian and South American champion in the 200m Individual Medley and butterfly disciplines and setting Brazilian national records. Fernando Possenti continues to inspire and shape the future of open water swimming through his exceptional coaching and dedication to athletic excellence.

COURSE SCHEDULE & PROGRAMS

2024 WOWSA-ASCA OPEN WATER SWIMMING COACHES CERTIFICATION COURSE 25th – 27rd OCTOBER

DAY 1

FRIDAY 25th
OCTOBER 2024

12:00 PM **Registration** ◀
Secretariat

02:00 PM **Welcome & Introductions & Briefing** ◀
by Mr Soh Yew Siang, Host, WOWSA - ASCA in MALAYSIA

02:15 PM **Opening Session WOWSA – Promoting Open Water Swimming Safety, Sportsmanship & Success Worldwide** ◀
By WOWSA CEO Mr Quinn Fitzgerald

03:00 PM **Session #1 Developing Talent In Open Water** ◀
Coach Fernando : Quinn

04:00 PM **Coffee Break** ◀
Hotel F&B

04:30 PM **Session #2-1 Optimizing A Training Schedule for Open Water** ◀
Coach Fernando : Quinn

06:00 PM **Ends Day 1** ◀

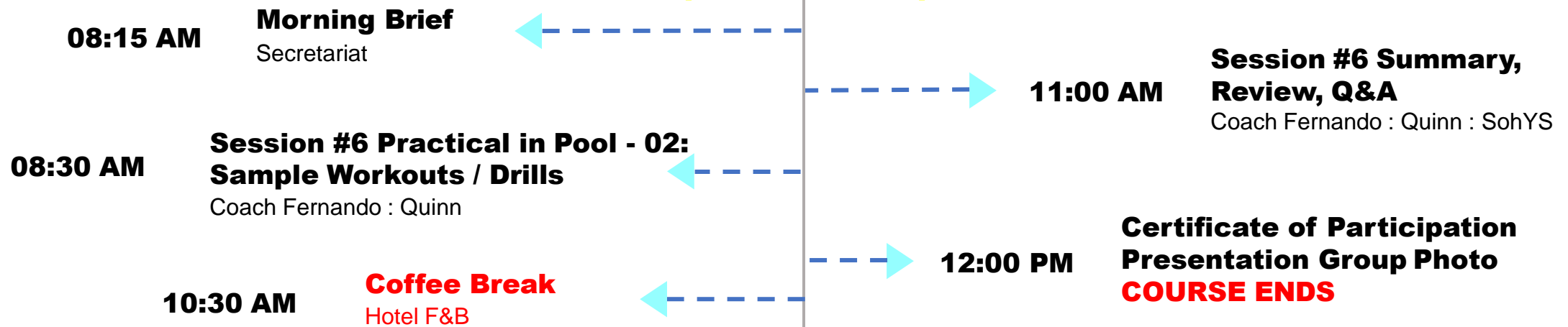


DAY 2
SATURDAY 26th
OCTOBER 2024

- > **08:15 AM** **Morning Brief**
Secretariat
- > **08:30 AM** **Session #2-2 Optimising A Training Schedule for Open Water**
Coach Fernando : Quinn
- > **09:15 AM** **Session #3-1 Building An Adjustable Racing Strategy**
Coach Fernando : Quinn
- > **10:00 AM** **Coffee Break**
Hotel F&B
- > **10:30 AM** **Session #3-2 Building An Adjustable Racing Strategy ADV**
Coach Fernando : Quinn
- > **12:00 PM** **Lunch**
Hotel F&B
- > **02:00 PM** **Session #4-1 How To Develop Mental Toughness**
Coach Fernando : Quinn
- > **03:30 PM** **Coffee Break**
Hotel F&B
- > **04:00 PM** **Session #5 Practical in Pool - 01: Sample Workouts / Drills**
Coach Fernando : Quinn
- > **05:30 PM** **Ends Day 2**

DAY 3

SUNDAY 27th
OCTOBER 2024



NOTE: WOWSA-ASCA OPEN WATER SWIMMING CERTIFICATION COURSE EXAMINATIONS WILL BE ONLINE.



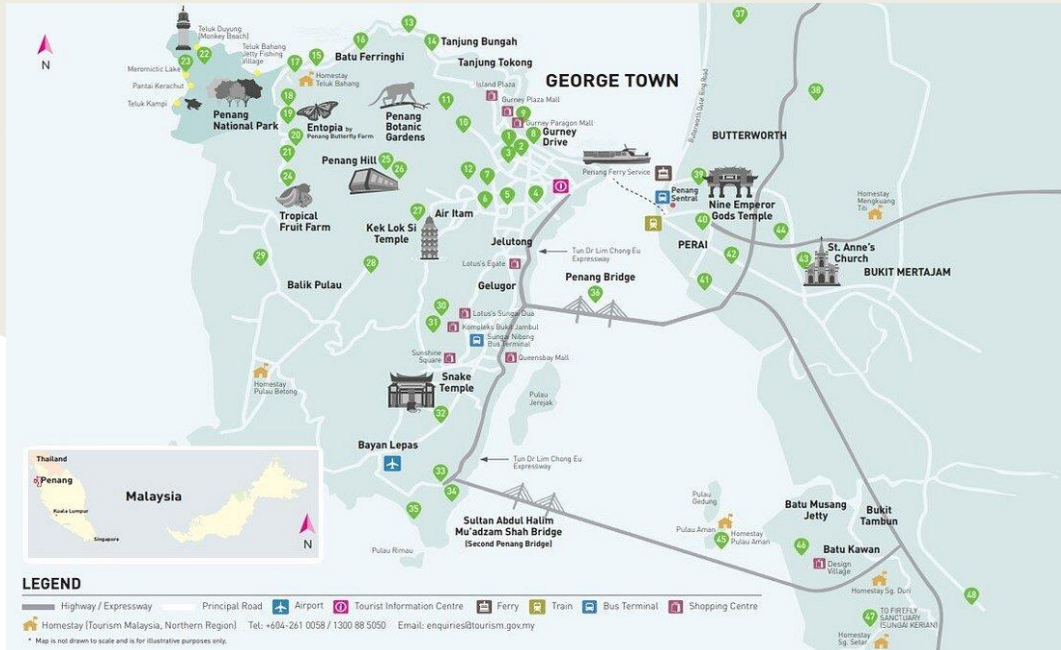
“ CROWNE PLAZA PENANG STRAITS CITY ”

More than just a Hotel



CROWNE PLAZA PENANG STRAITS CITY

is located near many tourist attractions. Explore Butterworth to famous tourist attractions within a 10-minute drive or George Town Heritage within a 30-minute drive only.



Location

*click here to find us



WOWSA in Asia: Pioneering the Future of Open Water Swimming

The IPL Certification Course by WOWSA-ASCA marks the initial steps in WOWSA's ambitious expansion into Asia. This foundational course is just the beginning as WOWSA prepares and strives to promote & develop Open Water Swimming in Asia.

In a major development, the Sports Commissioner of Malaysia has officially recognised WOWSA as the guiding sanctioning authority for international open water swimming events. This endorsement highlights WOWSA's growing influence and credibility in the region.

Commitment to Safety

Safety remains a top priority for WOWSA. We will continue to enhance our safety protocols and ensure that all events adhere to the highest protection standards for participants.

Innovative and Exciting Events

WOWSA in Asia is dedicated to introducing new and captivating concepts to the open water swimming scene:

Themed Swims: Events featuring unique themes, such as historical routes, cultural landmarks, or environmental conservation.

Relay Challenges: Team-based relays that encourage camaraderie and teamwork.

Night Swims: Enjoyable swims under the moonlight, offering a different perspective of the open water.

Multi-Sport Events: Combining open water swimming with triathlons or aquathlons to attract a diverse range of athletes.

Adventure and Enjoyment: Open water swimming in Asia provides unparalleled adventure and enjoyment:

Exotic Locations: Swim in Asia's breathtaking natural settings, from pristine beaches to serene lakes and majestic rivers.

Nature's Beauty: Experience the unique connection to nature that comes from swimming in natural water bodies.

Adventure and Exploration: Embrace the unique challenges and excitement of open water swimming.

Asia's Growth Potential

Asia is poised for significant growth in open water swimming thanks to its diverse and abundant natural resources:

Vast Water Bodies: The continent's extensive coastline, lakes, and rivers offer ideal swimming venues.

Growing Enthusiasm: Rising interest in open water swimming across Asia.

Youth Engagement: Inspiring and developing the next generation of open water champions.

Diverse Demographics: Attracting a wide range of participants, from triathletes to recreational swimmers.

Benefits and Opportunities

Participating in WOWSA Asia events provides valuable benefits:

Networking Opportunities: Engage with a vibrant community of swimmers, coaches, and enthusiasts.

Personal Growth: Achieve personal milestones and enjoy the natural beauty of your surroundings.

Cost-Effective Training: Utilize natural environments, reducing the need for costly facilities.

Adventure and Well-Being: open water swimming offers unique adventures and health benefits:

Exotic Destinations: Experience some of Asia's most beautiful sun and sea resorts.

Health and Well-Being: Enjoy the therapeutic benefits of swimming in natural water bodies.

Join WOWSA!

By joining WOWSA, you become part of a prestigious organisation dedicated to advancing open water swimming. Enjoy exclusive benefits, resources, and the opportunity to be part of a global community passionate about the sport. WOWSA Asia is set to transform open water swimming in Asia, bringing recognition, promotion, and growth to this exciting sport. Be part of this exciting journey and help shape the future of open water swimming in Asia.

Experience and Educational Models

ASCA's educational models are designed to provide coaches with the knowledge and skills needed to succeed at the highest levels. The organisation's comprehensive programs cover all aspects of coaching, from technique and training to athlete development and sports psychology. ASCA's experience in the field ensures that its educational models are both effective and innovative.

World-Class Knowledge

ASCA provides coaches with world-class knowledge continually updated to reflect the latest sports advancements. The organisation's commitment to ongoing education ensures that coaches have the most current and effective techniques and strategies. ASCA's teaching methods are designed to maximise learning efficiency and achieve the best possible results.

High Success and Recognition

The success of ASCA-certified coaches speaks for itself. Athletes trained by ASCA coaches consistently perform at the highest levels, achieving remarkable results in competitions worldwide. This success is a testament to the quality of ASCA's educational programs and the dedication of its coaches. ASCA certification is instantly recognised and respected by swimmers, athletes, and sports organisations globally.

High Efficiency and Best Results

ASCA's teaching methods are renowned for their high efficiency and effectiveness. The organisation's programs are structured to provide coaches with practical, actionable knowledge that can be applied immediately. This approach ensures that coaches can achieve the best results with their athletes, fostering a culture of excellence and high performance.

**Participants will receive 12 Credits in the
ASCA COACHES CONTINUING EDUCATION PROGRAMME**

In-Person Learning Certification Course

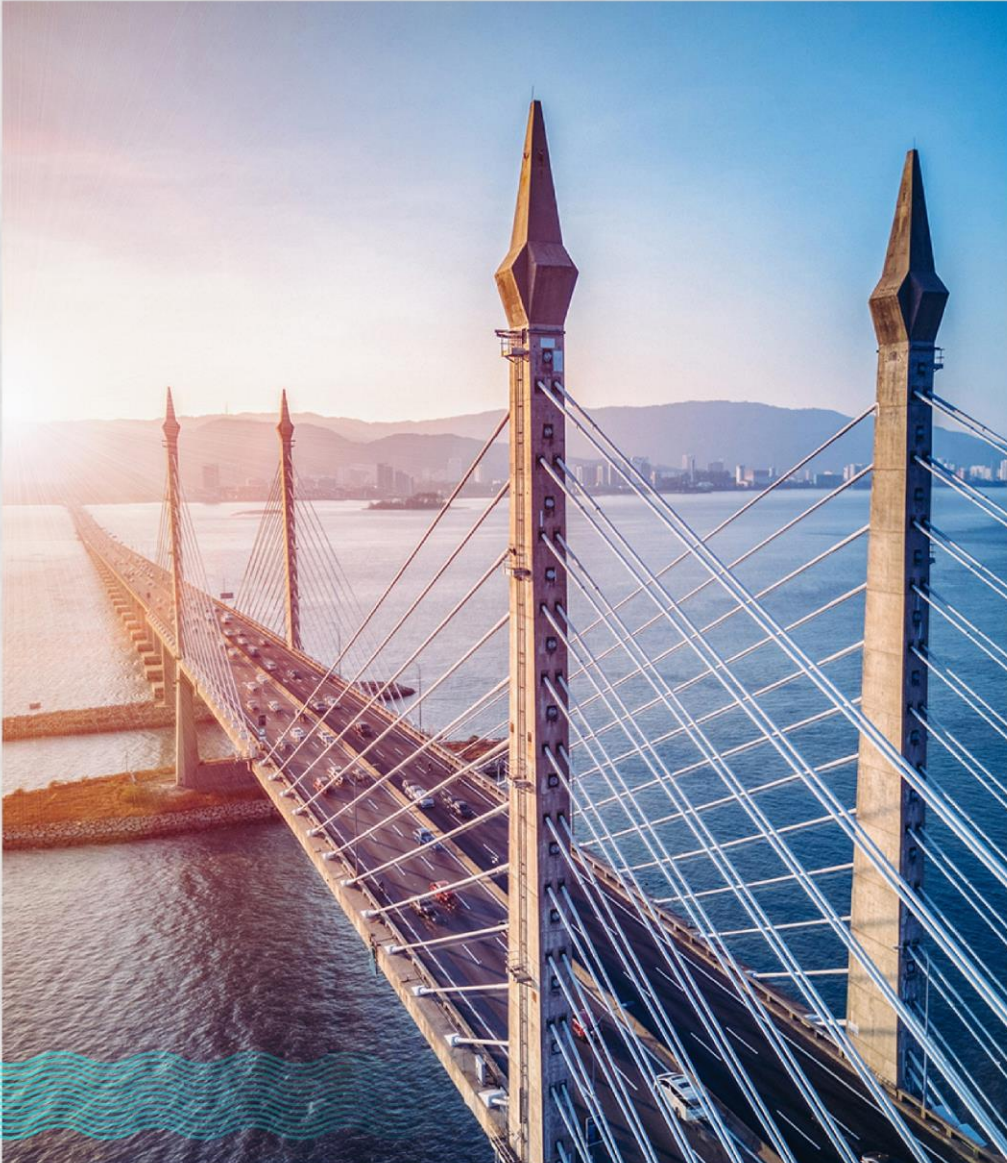
An in-person learning (IPL) certification course can significantly impact your learning experience and outcomes in the ever-evolving landscape of education and professional development.

The immersive nature of in-person learning courses often provides a more comprehensive and enriching experience.

The Benefits of In-Person Learning

Hands-On Experience: An IPL certification course offers invaluable hands-on experience. Engaging in practical pool sessions under the guidance of expert instructors allows you to apply theoretical knowledge in real-time, perfect techniques, and receive immediate feedback.

Interactive Classroom Environment: Learning in a classroom setting fosters dynamic interactions with instructors and peers. The spontaneous exchange of ideas, real-time discussions, and collaborative problem-solving create a rich learning environment that enhances understanding and retention.



Networking Opportunities: In-person courses provide unparalleled opportunities to network with industry professionals, peers, and instructors. Building these connections can lead to lasting professional relationships, mentorships, and collaborations beyond the course.

Structured Learning: An IPL course's structured nature ensures a disciplined and focused learning experience. With a set schedule and designated learning spaces, participants are more likely to stay engaged and committed to their education.

Immediate Clarification: Instructors are readily available to answer questions and clarify complex topics, ensuring that misunderstandings are promptly addressed. This immediate access to expertise enhances the learning process.

Practical Pool Sessions: Completing the Learning Experience

One of the most significant advantages of an in-person certification course is the inclusion of practical pool sessions. These sessions are essential for mastering the physical and technical aspects of swimming coaching:

Real-World Application: Practical sessions bridge the gap between theory and practice. Participants gain confidence and competence in their skills by performing drills, exercises, and coaching techniques in a natural pool environment.

Feedback and Improvement: Instructors can observe participants' techniques and provide instant feedback, allowing for adjustments and improvements. This iterative learning process is crucial for refining skills.

Simulation of Real Conditions: Practical sessions simulate the conditions coaches will face in real-life scenarios. This prepares participants to handle various challenges and ensures they can effectively coach.

Learn from the Best: Quinn Fitzgerald

Quinn Fitzgerald, CEO of the World Open Water Swimming Association (WOWSA), brings unparalleled expertise and a visionary approach to open water swimming. With a career marked by numerous transformative initiatives, Quinn has been instrumental in promoting and developing the sport globally. His strategic foresight and deep insight into the technical and psychological aspects of open water swimming make him an exceptional instructor.

Global Perspective: Gain insights from Quinn's extensive experience organizing and overseeing international open water events.

Strategic Foresight: Learn how to develop effective training programs and racing strategies.

Community Building: Understand how to foster a thriving swimmer, coach, and enthusiast community.

Why This Course?

Choosing the WOWSA-ASCA Open Water Swimming Coaches Certification Course means investing in a unique, high-quality learning experience led by the best in the industry.

Here's why this course stands out:





Expert Guidance: Fernando Possenti

Fernando Possenti, one of the most respected names in the field, has a track record of guiding athletes to world championship titles and Olympic success. His innovative coaching techniques and deep understanding of the sport make him a valuable resource for any coach looking to excel.

Proven Success: Benefit from Fernando's experience in coaching elite athletes to the highest levels of success.

Innovative Techniques: Discover cutting-edge strategies and methodologies in open water swimming coaching.

Comprehensive Knowledge: Learn from Fernando's deep understanding of the sport's physical and mental demands.

Gain a Personalised Certificate

Upon completing the course, you will receive a personalized certificate, a testament to your dedication and expertise in open water swimming coaching. Recognizing and respected globally, this certification will enhance your credentials and open doors to new opportunities.

Make a Once-in-a-Lifetime Connection

This course offers a rare opportunity to connect with two influential figures in open water swimming. Building relationships with some of the best minds in open water swimming can provide ongoing mentorship and support, enriching your coaching career long after the course has ended.

Certified by the Best in the Industry

This course is backed by WOWSA and ASCA, two of the most prestigious organisations in the world of swimming. Certification from these bodies signifies a commitment to excellence and adherence to the highest open water swimming coaching standards.

Additional Benefits

- **Hands-On Experience:** Participate in practical sessions that provide real-world application of your learning.
- **Networking Opportunities:** Connect with other professionals in the field, exchange ideas, and build a supportive community.
- **Cost-Effective Training:** Learn to utilize natural aquatic environments, reducing the need for expensive pool rentals and maintenance.
- **Health and Well-being:** Open water swimming is known for its stress-reducing and therapeutic benefits, making it a valuable addition to any training regimen.
- **Adventurous Experience:** Each swim is an adventure, offering new challenges and experiences in diverse and often exotic locations.

Attending this course will allow you to gain invaluable knowledge and skills and position yourself at the forefront of the open water swimming community. It is a unique opportunity to learn from the best, make meaningful connections, and advance your coaching career.

Your Journey Continues

We invite you to carry forward the spirit of the WOWSA & ASCA Coaches Education Program to encapsulate the essence of our shared experience at this program.

Register here:
www.OceanSwim.Me

Scan here:



THANK YOU

