Swim 101 Agenda

**Friday January 25**

3:00-4:30 PM Module 1: Intro/Role of the Coach

4:30-6:00 PM Module 2: LTAD

6:00-6:30 PM BREAK

6:30-7:30 PM Module 3: Teaching & Learning
7:30-8:30 PM Module 7: Support the Athlete in Competition
**8:30-10:00 PM Pool Session #1 Safety, Swim sensations, sculling, and streamlines**

**Saturday January 26**

9:30-11:30 AM Module 4: Analyze Performance Strokes
11:30-12:00 PM BREAK

**12:00-2:00 PM Pool Session #2 Strokes**

2:00-2:30 PM Debrief Pool Session

2:30-4:30 PM Module 5: Analyze Performance Starts/turns

**Sunday January 27**

8:00-10:00 AM **Pool Session #3 Starts/Turns**

10:00-10:30 AM Debrief Pool Session

10:30-11:00 AM BREAK

11:30-2:00 PM Module 6: Planning & Managing a Group
2:00-2:30 PM Wrap Up