

Swim 101 Agenda
Markham, Ontario
LF: Sabrina Ng

Saturday April 20

8:00-9:30 AM

Module 1: Intro/Role of the Coach

9:30-11:00 AM

Module 2: LTAD

11:00-12:00 PM

Module 3: Teaching & Learning

12:00-1:30 PM

Pool Session #1 Safety, Swim sensations, sculling, and streamlines

1:00-2:00 PM

LUNCH

2:00-4:30 PM

Module 6: Planning & Managing a Group

4:30-5:30 PM

Module 7: Support the Athlete in Competition

Sunday April 21

8:00-10:00 AM

Module 4: Analyze Performance Strokes

10:00-12:00 PM

Pool Session #2 Strokes

12:00-1:00 PM

Debrief then LUNCH

1:00-3:00 PM

Module 5: Analyze Performance Starts/turns

3:00-5:00 PM

Pool Session #3 Starts/turns

5:00-6:00 PM

Debrief Pool session & Module 8: Wrap Up