



Excellence, Integrity, Innovation, Collaboration

Friday Aug 30 2019

8:00-8:45am	Introduction
8:45-8:50am	Break
8:50-10:40am	Design A Seasonal Training Plan
10:40-11:30am	Lunch
11:30-2:20pm	Develop Swimmers Abilities
2:20-2:30pm	Break
2:30-5:00pm	Plan a Practice
5:00-5:15pm	Break
5:15-7:00pm	Key Performance Factors

NAIT, J-010
11762 - 106 ST NW
Edmonton, AB

Saturday Aug 31 2019

7:45-8:45am	review KPF's
8:45-10:45am	Detect and Correct
10:45-11:00am	Break
11:00-12:00pm	Manage a Group
12:00-1:00pm	Lunch
1:00-2:45pm	Prepare Swimmers for Competition
2:45-3:45pm	Pool Prep
3:45-4:00pm	Break
4:00-6:30pm	Prepare a Mental Plan

Sunday Sept 2019

8:15-9:45am	Nutrition
9:45-10:00am	Break
10:00-12:30pm	Pool session
12:30-1:30pm	Lunch
1:30-3:00pm	Swimmer Performance Tracking
3:00-3:15pm	Break
3:15-4:30pm	Wrap-up & questions

Prerequisites:

Swim 101
Multi-sport Part B Theory
Swim 201 Pre-Course workbook

Please bring:

Bag lunches & snacks
Technology that records video such as phone, ipad, GoPro, etc.
Laptop with Quick Time loaded (free download for PC / Mac)
Stopwatch with stroke rate on it