

Swim 101 Agenda

Friday March 22

3:00-4:30 PM Module 1: Intro/Role of the Coach
4:30-6:00 PM Module 2: LTAD
6:00-7:00 PM Module 3: Teaching & Learning

Saturday March 23

9:30-11:00 AM Pool Session #1 Safety, Swim sensations, sculling, and streamlines
11:15-12:15 PM Module 7: Support the Athlete in Competition
12:15-1:00 PM BREAK
1:00-3:00 PM Module 4: Analyze Performance Strokes
3:00-5:00 PM Module 5: Analyze Performance Starts/Turns
5:00-7:00 PM Pool Session #2 Starts/Turns (
7:00-7:30 PM Debrief Pool Session

Sunday March 24

9:30-11:30 PM Pool Session #3 Strokes
11:30-12:00 PM Debrief Pool Session
12:00-12:30 PM Break
12:30-3:00 PM Module 6: Planning & Managing a Group
3:00-3:30 PM Wrap Up