

## 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
6:00-7:00 PM	Module 3: Teaching & Learning
7:00-7:30 PM	BREAK
7:30-9:00 PM	Pool Session #1 Safety, Swim sensations, sculling, and streamlines

### **Saturday January 26**

10:00-12:00 PM	Module 5: Analyze Performance Starts/turns
12:00-1:00 PM	Module 7: Support the Athlete in Competition
1:00-1:45 PM	BREAK
1:45-3:45 PM	Module 4: Analyze Performance Strokes
4:00-6:00 PM	Pool Session #2 Starts/Turns
6:00-6:30 PM	Debrief Pool Session

### **Sunday January 27**

9:00-11:00 AM	Pool Session #3 Strokes
11:00-11:30 AM	Debrief Pool Session
11:30- 12:15 PM	BREAK
12:15-2:45 PM	Module 6: Planning & Managing a Group
2:45-3:30 PM	Wrap Up