

**Swimming 101 April 26-28, 2019
Grande Prairie, AB**

Friday April 26, 2019

Time	Module	Location	Hours
1700-1830	Introduction & Role of the Coach	Room	1.5
1830-1930	Teaching & Learning	Room	1.0
1930-2100	Pool #1 - Safety, Science, Scull	Pool*	1.5
Total			2.5

Saturday April 27 2019

Time	Module	Location	Hours
800-930	Long Term Athlete Development	Room	1.5
930-945	BREAK		
945-1145	Analyze Performance - Strokes	Room	2.0
1145-1245	LUNCH		
1245-1445	Analyze Performance - Strokes	Pool*	2.0
1445-1500	BREAK		
1500-1530	Analyze Performance - Debrief	Room	0.5
1530-1700	Analyze Performance - Starts & Turns	Room	2.0
Total			8.0

Sunday April 28 2019

Time	Module	Location	Hours
800-1000	Analyze Performance - Starts & Turns	Pool*	2.0
1000-1015	BREAK		
1015-1045	Analyze Performance - Debrief	Room	0.5
1045-1145	Support the Competitive Experience	Room	1.0
1145-1230	LUNCH		
1230-1500	Plan & Manage a Group		2.5
1500-1600	Wrap-up		1.0
Total			7.0

NOTES

* Swimsuits required for all pool sessions.

