

Swim 101 Course Agenda
Mount Pearl Summit Centre
Learning Facilitator Duffy Earle
April 26-28th, 2019

	Time		Location
Friday	9:30-11	Introduction and Role of the Coach	Multipurpose Room Summit Centre
	11:30-1	Long Term Athlete Development	Multipurpose Room Summit Centre
	2:00-3:00	Teaching and Learning	Multipurpose Room Summit Centre
	3:30-5:00	Swim Sensations, Sculling, Streamlines, Analyze Performance Strokes	Summit Centre Pool
	5:15-6:45	Analyze Performance Strokes	Multipurpose Room Summit Centre
Saturday	8:00-10:00	Pool Sessions 2 Analyze Performance Strokes	Summit Centre Pool
	10:30-11:00	Analyze Performance Strokes	Reid Centre Board Room
	11:00-12:30	Planning and Manage a Group	Reid Centre Board Room
	1:30-2:30	Supporting the Competitive Experience	Reid Centre Board Room
	2:45-4:45pm	Analyze Performance Starts and turns	Reid Centre Board Room Reid Centre Board Room
Sunday	8:45-9:45	Analyze Performance Starts and Turns	Reid Centre Board Room
	9:45-10:30	MED, Resources, Q&A	Reid Centre Board Room
	11:00-1:00	Analyze Performance Starts and Turns	Summit Centre Pool
	1:15-1:45	Debrief Starts and Turns Pool Session	Reid Centre Board Room
	1:45-2:15	Wrap Up, Course Evaluation	Reid Centre Board Room