

## Swim 101 Agenda

### Friday November 15

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 November 16

<b>10:00-11:30 AM</b>	<b>Pool Session #1 Safety, Swim sensations, sculling, and streamlines</b>
11:30-1:30 PM	Module 4: Analyze Performance Strokes
1:30-2:15 PM	Break
2:15-4:15 PM	Module 5: Analyze Performance Starts/turns
4:15-5:15 PM	Module 7: Support the Athlete in Competition
5:15-6:15 PM	Break
6:00-8:00 PM	<b>Pool Session #2 Strokes</b>
8:00-8:30 PM	Debrief Pool Session

### Sunday November 17

10:00-12:00 PM	<b>Pool Session #3 Starts/Turns</b>
12:00-12:45 PM	Break
12:45-3:15 PM	Module 6: Planning & Managing a Group
3:15-4:00 PM	Debrief & Wrap Up