

SW201 in Nepean November 8-10, 2019

SWIMMING 201 Agenda		
Day 1- Friday		
	LF Set Up at 9:00am	
10:00-11:25 (85min.)	Intro and Ice Breaker - <u>Mod. #1</u>	Classroom
11:25-13:25 (120min.)	Design Season – Seasonal Training Plan- <u>Mod. #2</u>	Classroom
13:25-14:25	Lunch – 60 min. (please bring snacks)	OYO
14:25-17:25 (180min.)	Develop Swimmer Abilities - <u>Mod. #3</u>	Classroom
17:25-17:45	Break- 20 min.	
17:45-20:15 (150min.)	Plan a Practice – <u>Mod. #4</u>	Classroom
Day 2 - Saturday		
8:30-11:15 (165min.)	Key Performance Factors (KPF) – <u>Mod. #5</u>	Classroom
11:15-11:35	Break-20 min.	
11:35-13:35 (120min.)	Detect and Correct Performance – <u>Mod. #6</u>	Classroom
13:35-14:35	Lunch- 60 min.	OYO
14:35-15:45 (70 min.)	Manage a Group – <u>Mod. #9</u>	Classroom
15:45-16:30 (45min.)	Swimmer Performance Tracking – <u>Mod.#10-part A</u>	Classroom
16:30-17:30 (60min.)	Prep: Teach w Feedback using KPF (for Pool) – <u>Mod. #12</u>	Classroom
17:30-18:00	Break and get to the pool- 30 min.	Pool
18:00-18:15 (15min.)	Swimmers warm up – with home coach /cand. Set-up	Pool
18:15-20:15 (120min.)	Coach Teaching with Feedback – <u>Mod. #12</u>	Pool
20:15-20:30 (15min.)	Debrief	
Day 3 - Sunday		
8:00-8:45 (45min.)	Swimmer Performance Tracking – <u>Mod.#10-part B</u>	Classroom
8:45-11:15 (150min.)	Prepare a Mental Plan – <u>Mod. #7</u>	Classroom
11:15-11:35	Break- 20 min.	
11:35-13:05 (90min.)	Nutrition – <u>Mod. #8</u>	Classroom
13:05-13:35	Lunch- 30 min.	
13:35-15:20 (105min.)	Prepare Swimmer for Competition – <u>Mod.#11</u>	Classroom
15:20-16:20 (60 min.)	Wrap Up – <u>Mod.#13</u>	Classroom
16:20-16:50 (30min.)	Q and A (if required)	Classroom