

Swim 101 Agenda
Guelph, Ontario
LF: Laura Nicholls and Cathy Pardy

Saturday September 28

8:00-9:30 AM	Module 1: Intro/Role of the Coach
9:30-11:00 AM	Module 2: LTAD
11:00-12:00 PM	Module 3: Teaching & Learning
12:00-1:30 PM	Pool Session #1 Safety, Swim sensations, sculling, and streamlines
1:30-2:00 PM	Lunch
2:00-4:00 PM	Module 4: Analyze Performance Strokes
4:00-6:00 PM	Module 5: Analyze Performance Starts/turns

Sunday September 29

9:00-10:00 AM	Module 7: Support the Athlete in Competition
10:00-12:00 PM	Pool Session #2 Strokes
12:00-12:30 PM	Lunch
12:30-3:00 PM	Module 6: Planning & Managing a Group
3:00-5:00 PM	Pool Session #3 Starts/turns
5:00-5:30 PM	Debrief Pool session
5:30-6:00 PM	Module 8: Wrap Up