**NATIONAL COACHING CERTIFICATION PROGRAM**

**SWIMMING 101**

**Gatineau(Buckingham)**

**Date :** Du 06/09/2019 au 08/09/2019

**Endroit :** Centre Aquatique Lucien-Houle, Gatineau, secteur Buckingham,

580A Rue Maclaren E

[Carte pour situer la piscine](https://www.google.ca/maps/dir/''/Centre+Aquatique+Lucien-Houle,+secteur+Buckingham,+580A+Rue+Maclaren+E/@45.5879132,-75.4708927,12z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x4cce3fcd6c68d5d9:0x2a13c78eb0d4adbd!2m2!1d-75.4008529!2d45.5879346)

Responsable : David Anderson

**Prévoir :** Pen and paper

Bathing suit, cap and 2 towels

Laptop or tablet (if you have one)

Lock for the locker

Sandals, t-shirt, shorts for the pool deck

**Friday, Septembre 6 2019,**

17h00-18h00 :- Welcome and introduction (class)

18h00-19h30 : - Science, security and sculling (pool)

19h45-21h30 : - Teaching and learning (class)

**Saturday, Septembre 7 2019,**

9h00 - 10h45- Long-term athlete development (class)

10h45 - 13h00 - Swimming strokes (class)

13h00 - 14h00 Dîner

14h00 – 16h00 - Starts and turns (class)

16h00 – 18h30 - Swimming strokes (pool)

18h30 - 19h00 - debrief, pool session

**Sunday, September 8 2019,**

7h00-8h30 - Starts and turns (pool)

8h45-9h15-Debrief, pool session

9h15-11h45 - Planning and Managing a group

11h45-12h15 - Coaching Development Pathway

12h15-13h00 - Questions, debrief, evaluation of the formation