**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/%27%27/Centre%2BAquatique%2BLucien-Houle%2C%2Bsecteur%2BBuckingham%2C%2B580A%2BRue%2BMaclaren%2BE/%4045.5879132%2C-75.4708927%2C12z/data%3D%213m1%214b1%214m8%214m7%211m0%211m5%211m1%211s0x4cce3fcd6c68d5d9%3A0x2a13c78eb0d4adbd%212m2%211d-75.4008529%212d45.5879346)

 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