

## **Swim 101 Agenda**

Kenora, Ontario

LF: Janet Hyslop

### **Friday, October 18, 2019**

4:00-5:30 PM	Module 1: Intro/Role of the Coach
5:30-7:00 PM	Module 2: LTAD
7:00-7:30 PM	BREAK
7:30-8:30 PM	Module 3: Teaching & Learning

### **Saturday October 19, 2019**

8:00-9:30 AM	Pool Session #1 Safety, Swim sensations, sculling, and streamlines
10:00-12:00 PM	Module 4: Analyze Performance Strokes
12:00-12:30 PM	BREAK
12:30-3:00 PM	Module 6: Planning & Managing a Group
3:30-5:30 PM	Pool Session #2 Strokes
5:30-6:00 PM	Debrief
6:00-6:30 PM	BREAK
6:30-8:30 PM	Module 5: Analyze Performance Starts & Turns

### **Sunday October 20, 2019**

8:30-10:30 AM	Pool Session #3 Starts & Turns
10:30-11:00 AM	Debrief
11:00-12:00 PM	Module 7: Support the Athlete in Competition
12:00-12:30 PM	Module 8: Wrap Up