



**NCCP Community Sport Coach  
Saturday Oct 26, 2019  
Shaw Centre, 122 Bowlt Cres, Saskatoon, SK  
0900-1800**

TIME	MODULE	LOCATION	HOURS
0900 –0915	Icebreaker		0:15
0915 – 0945	Introduction		0:30
0945- 1030	The Swimmer		0:45
1030 – 1145	Effective Teaching		1:15
1145 – 1215	Break and Lunch	Bring your own lunch	0:30
1215 - 1315	Core Swimming Principles		1:00
1315 – 1335	Workout Safety		0:20
1335 – 1400	Transition		0:25
1400 – 1600	Pool Session (games, drills etc.)	Pool	2:00
1600 – 1630	Transition		0:30
1630 – 1650	Pool Follow Up		0:20
1650 – 1750	Practice Planning		1:00
1750 – 1800	Questions & Feedback form		0:10