



NCCP Swimming Fundamentals 101 Coaching Course University of Saskatchewan, Saskatoon, SK

November 8-10, 2019

Fundamentals Coach (Swimming 101): Designed for coaches 16+ years of age preparing entry level competitive swimmers for local and / or regional competitions at the Fundamentals and Learn to Train stages of LTAD. This workshop will focus on understanding basic stroke, start, and turn mechanics in order to develop sound practice plans and multi-week session plans. Coaches will also be introduced to LTAD, teaching methods, and rules. The workshop is usually held over 2.5 – 3 days and includes both classroom work and pool sessions. For more information please [click here](#).

Pre-requisite: **16 years of age or older**

- Candidates must attend 100% of the course.
- Candidates are required to go in the water and role play throughout the course.
- Appropriate attire is required.
- If you are a “learn-to” or a non-competitive coach **and** are an active and certified WSI or LSI instructor, then you can submit the [Swimming Teacher application](#) instead of taking this course or take the Community Coach Course.

Course Registration

1. Registration for the course will close **October 28, 2019**.
2. Candidates must complete the [pre-course workbook ONLINE through the EDU system](#) as it is required to be uploaded when registering online.
3. [Register ONLINE here](#)

Course Fee

- **\$300.00** payable by cheque or e-transfer to Swim Sask PRIOR to course. **We do not accept credit cards.**
- Mail payment to Swim Sask- 2205 Victoria Ave. Regina, SK S4P 0S4
- E-transfer can be sent to office@swimsask.ca
- All travel, meals and accommodations are your own responsibility

Questions: If you have any questions, please contact:

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