

NCCP Fundamentals Coaching Course

Swimming 101

November 8-10, 2019

University of Saskatchewan, Saskatoon, SK

Learning Facilitator: Jennifer Robinson



Friday November 8, 2019			
TIME	MODULE	LOCATION	HOURS
1700 - 1750	Introduction & Role of the Coach	Classroom	1:00
1750 - 1800	Transition to the Pool	OYO	:10
1800 - 1915	Safety, Science & Sculling/ Teaching & Learning: Streamline	Pool	1:15
1915 - 1930	Transition to the Classroom	Classroom	15
1930 - 2000	Role of the Coach	Classroom	30
2000 - 2130	LTAD - Part 1	Classroom	1:30
2130 - 2200	Teaching & Learning - Part 1	Classroom	:30

Saturday November 9, 2019			
TIME	MODULE	LOCATION	HOURS
0730 - 0900	Analyze Performance - Strokes - Part 1	Classroom	1:30
0900 - 0930	Teaching & Learning - Part 2	Classroom	:30
0930 - 0945	Transition and Nutrition Break	OYO	:15
0945 - 1000	Support the Competitive Experience - Part 1	Pool	:15
1000 - 1200	Analyze Performance - Strokes	Pool	2:00
1200 - 1230	Analyze Performance - Strokes - Part 2	Classroom	:30
1230 - 1300	Lunch	OYO	:30
1300 - 1330	Analyze Performance - Strokes - Part 3	Classroom	:30
1330 - 1415	Support the Competitive Experience	Pool	:45
1415 - 1615	Analyze Performance - Turns/Starts - Part 1	Classroom	2:00
1615 - 1815	Analyze Performance - Turns/Starts	Pool	2:00

Sunday November 10, 2019			
TIME	MODULE	LOCATION	HOURS
0830 - 0945	Planning and Management - Part 1	Classroom	1:15
0945 - 1000	Transition and Nutrition Break	OYO	:15
1000 - 1030	Analyze Performance - Starts & Turns - Part 3	Classroom	:30
1030 - 1145	Planning and Management - Part 2	Classroom	1:15
1145 - 1215	Transition and Lunch Break	OYO	:30
1215 - 1315	Feedback and Wrap-Up	Classroom	1:00