

NCCP Swimming Community Coach Course
Saturday October 19th, 2019
Centennial Pool, 1970 Gottingen St. Halifax, N.S.

Learning Facilitator: Sarah Miles

AGENDA	
8:30-8:45am	Introductions & Ice Breaker
8:45-9:55am	The Swimmer
9:55-10:55am	Effective Teaching
10:55-11:55pm	Core Swimming Principles (including drill videos)
11:55-12:15pm	Workout Safety
12:15-1:00pm	Lunch Break
1:00-3:00pm	Pool Session (Games, Swimming Drills, Workout Safety)
3:00-3:30pm	Practice Planning & Wrap Up