

Swim 101 Agenda

Friday October 25

3:00-4:30 PM Module 1: Intro/Role of the Coach
4:30-6:00 PM Module 2: LTAD
6:00-7:00 PM Module 3: Teaching & Learning

Saturday October 26

8:00-9:30 AM **Pool Session #1 Safety, Swim sensations, sculling, and streamlines**
9:30-10:00 AM Break
10:00-12:00 PM Module 4: Analyze Performance Strokes
12:00-1:00 PM Module 7: Support the Athlete in Competition
1:00-1:45 PM Break
1:45-3:45 PM Module 5: Analyze Performance Starts/turns
3:45-4:00 PM Break
4:00-6:00 PM **Pool Session #2 Strokes**
6:00-6:30 PM Debrief Pool Session

Sunday October 27

8:30-11:00 AM Module 6: Planning & Managing a Group
11:00-1:00 PM **Pool Session #3 Starts/Turns**
11:30-12:00 PM Debrief Pool Session
12:00-1:00 PM Wrap Up