

NCCP Swimming 101 Course  
 November 15-17<sup>th</sup>, 2019  
 Dalplex, 6260 South St. Halifax, NS  
 Room 223

Learning Facilitators: Moira Milward

SUBJECT TO CHANGE!

<b>Friday November 15, 2019</b>			
4:30-6:00pm	Intro & Role of the Coach	Moira Milward	Classroom
6:00-8:30pm	Making Ethical Decisions	Moira Milward	Classroom
<b>Saturday November 16, 2019</b>			
8:00-9:30am	Rules Long Term Athlete Development	Moira Milward	Classroom
9:30-10:30am	Support the Competitive Experience	TBD	Classroom
10:30-11:30am	Teaching & Learning	Moira Milward	Classroom
11:30-12:30pm	Lunch	OYO	OYO
12:30-1:30pm	Safety, Swim Sensations, Sculling & Streamlines	Moira Milward	POOL SESSION #1
1:30-1:45pm	Change/Break	OYO	OYO
1:45-3:45pm	Analyze Performance- Strokes		Classroom
3:45-4:00pm	Change/Break	OYO	OYO
4:00-5:30pm	Analyze Performance Strokes	Moira Milward	POOL SESSION #2
5:30-6:00pm	Analyze Performance – Pool/Strokes debrief	Moira Milward	Classroom
<b>Sunday November 17, 2019</b>			
8:30-10:30am	Analyze - Starts and Turns	Moira Milward	Classroom
10:30am-12:30pm	Analyze Performance Starts & Turns	Moira Milward	POOL SESSION #3
12:30-1:30pm	Lunch	Moira Milward	OYO
1:30-2:00pm	Analyze Performance- Pool/Starts & Turns debrief	Moira Milward	Classroom
2:00-4:30pm	Planning & Managing a Group	Moira Milward	Classroom
4:30-5:00pm	Wrap Up	Moira Milward	Classroom