



**NCCP Community Sport Coach
Saturday Nov 30, 2019
Kinsmen Aquatic Centre, Moose Jaw, SK
1000-1830**

TIME	MODULE	LOCATION	HOURS
1000 – 1015	Icebreaker		0:15
1015 – 1045	Introduction		0:30
1045- 1130	The Swimmer		0:45
1130 – 1245	Effective Teaching		1:15
1245 – 1315	Break and Lunch	Bring your own lunch	0:30
1315 - 1345	Core Swimming Principles		1:00
1345 – 1405	Workout Safety		0:20
1405 – 1430	Transition		0:25
1430 – 1630	Pool Session (games, drills etc.)	Pool	2:00
1630 – 1700	Transition		0:30
1700 – 1720	Pool Follow Up		0:20
1720 – 1820	Practice Planning		1:00
1820 – 1830	Questions & Feedback form		0:10