

Swim 101 Agenda - Peterborough

Friday, November 29th

4:00-5:30 Pm

Module 1: Intro/Role of the Coach

5:30-7:00 Pm

Module 2: LTAD

7:00-8:00 Pm

Module 3: Teaching and Learning

Saturday, November 30th

7:00-9:00 Am

Pool Session #1 Safety, Swim Sensations, Sculling and streamlines

9:00-9:30 Am

Break

9:30-11:30 Am

Module 4: Analyze Performance Strokes

11:30-12:30 Am

Module 7: Support the Athlete in Competition

12:30-1:30 Pm

Break

1:30-3:30 Pm

Module 5: Analyze Performance Starts/Turns

3:30-5:30 Pm

Pool Session #2 Strokes

5:30-6:30 Pm

Debrief pool Session

Sunday, December 1st

8:00-9:30 Am

Pool Session #3 Starts/Turns

9:30-10:00 Am

Debrief pool Sessions

10:00-12:00 Pm

Module 6: Planning & Managing a Group

12:00-12:30 Pm

Wrap Up