

Swim 101 Agenda

Friday January 31

3:00-4:30 PM	Module 1: Intro/Role of the Coach
4:30-6:00 PM	Module 2: LTAD
6:00-6:30 PM	BREAK
6:30-7:30 PM	Module 3: Teaching & Learning
7:30-8:30 PM	Module 7: Support the Athlete in Competition
8:30-10:00 PM	Pool Session #1 Safety, Swim sensations, sculling, and streamlines

Saturday February 1

9:30-11:30 AM	Module 4: Analyze Performance Strokes
11:30-12:00 PM	BREAK
12:00-2:00 PM	Pool Session #2 Strokes
2:00-2:30 PM	Debrief Pool Session
2:30-4:30 PM	Module 5: Analyze Performance Starts/turns

Sunday February 2

8:00-10:00 AM	Pool Session #3 Starts/Turns
10:00-10:30 AM	Debrief Pool Session
10:30-11:00 AM	BREAK
11:30-2:00 PM	Module 6: Planning & Managing a Group
2:00-2:30 PM	Wrap Up