

SW201 in Nepean February 7-9, 2019

SWIMMING 201 Agenda		
Day 1- Friday		
9:00-10:25 (85min.)	Intro and Ice Breaker - <u>Mod. #1</u>	Classroom
10:25-12:25 (120min.)	Design Season – Seasonal Training Plan- <u>Mod. #2</u>	Classroom
12:25-13:25	Lunch – 60 min. (please bring snacks)	OYO
13:25-16:25 (180min.)	Develop Swimmer Abilities - <u>Mod. #3</u>	Classroom
Day 2 - Saturday		
7:45-10:15 (150min.)	Plan a Practice – <u>Mod. #4</u>	Classroom
10:15-13:00 (165min.)	Key Performance Factors (KPF) – <u>Mod. #5</u>	Classroom
13:00-13:35	Lunch- 35 min.	OYO
13:35-15:35 (120min.)	Detect and Correct Performance – <u>Mod. #6</u>	Classroom
15:35-16:45 (70 min.)	Manage a Group – <u>Mod. #9</u>	Classroom
16:45-17:30 (45min.)	Swimmer Performance Tracking – <u>Mod.#10-part A</u>	Classroom
17:30-18:30 (60min.)	Prep: Teach w Feedback using KPF (for Pool) – <u>Mod. #12</u>	Classroom
18:30-19:00	Break and get to the pool- 30 min.	Pool
19:00-19:15 (15min.)	Swimmers warm up – with home coach /cand. Set-up	Pool
19:15-21:15 (120min.)	Coach Teaching with Feedback – <u>Mod. #12</u>	Pool
21:15-21:30 (15min.)	Debrief	
Day 3 - Sunday		
8:00-8:45 (45min.)	Swimmer Performance Tracking – <u>Mod.#10-part B</u>	Classroom
8:45-11:15 (150min.)	Prepare a Mental Plan – <u>Mod. #7</u>	Classroom
11:15-11:35	Break- 20 min.	
11:35-13:05 (90min.)	Nutrition – <u>Mod. #8</u>	Classroom
13:05-13:35	Lunch- 30 min.	
13:35-15:20 (105min.)	Prepare Swimmer for Competition – <u>Mod.#11</u>	Classroom
15:20-16:20 (60 min.)	Wrap Up – <u>Mod.#13</u>	Classroom
16:20-16:50 (30min.)	Q and A (if required)	Classroom