

## SWIMMING 201 COURSE SUMMARY

### MODULE 1-INTRODUCTION

This module defines the Swimming 201 NCCP course expectations.

### MODULE 2-DESIGN A SEASONAL TRAINING PLAN

This module introduces coaches to the cornerstone of the Swimming 201 course, the Seasonal Training Plan (STP). Coaches will be guided in creating their own sample STP based on Train to Train level swimmers. This step by step process will help define the rationale behind the data and terminology, and will encourage self-analysis of the STP process.

### MODULE 3-DEVELOP SWIMMERS ABILITIES

This module introduces the term *Athletic Abilities* including workloads, recovery periods and an introduction to sport training principles. Dry land and water activities will be included.

### MODULE 4-PLAN A PRACTICE

Applying the principles of *Athletic Abilities* learned in Module 3, coaches will examine how to create a weekly practice plan. The module will emphasize the importance of planning for swimmer development by periodizing training objectives and recognizing different learning styles.

Additionally, the *Emergency Action Plan* will be reviewed.

### MODULE 5-KEY PERFORMANCE FACTORS (KPF)

This module will continue to encourage coaches to use “Key Performance Factors” by showing the effectiveness of “picture words” in enhancing teaching efficiency and time management.

### MODULES 6-DETECT AND CORRECT

This module will concentrate on refining the *Coaches’ Eye* by detecting and correcting errors through video analysis.

### MODULE 7-PREPARE A MENTAL PLAN

The connection between a positive Mental State and a strong Physical Ability is crucial in the success of any athlete. This module explores the tools for mental preparation in the competition environment using positive communication styles. Concepts such as Goal Setting, Emotional Control and Attentional Control will be explored.

## MODULE 8-NUTRITION

This module reviews the importance of proper nutrition and hydration, particularly at a competition.

## MODULE 9-MANAGE A GROUP

The managerial duties of a coach are crucial to the effective running of a swimming organization. This module raises awareness of the various duties that a coach, in cooperation with club volunteers, perform in order to operate a successful swim club.

## MODULE 10-SWIMMER PERFORMANCE TRACKING

Swimmer Performance Tracking involves collecting specific data in order to help improve performances. Coaches will learn how to utilize Stroke Count and Stroke Rates and apply this data to race analysis.

## MODULE 11-PREPARE SWIMMERS FOR COMPETITION

In this model, coaches will prepare a 21 day plan for a major competition. Administrative and coaching tasks essential for a successful competition experience will be explored.

## MODULE 12-WRAP-UP AND REVIEW

The Wrap-up will review the Certification pathway. Information will be provided to ensure that coaches have all relevant information regarding the Portfolio Evaluation and the steps needed to be successful (e.g. *Make Ethical Decisions* must be completed).

Finally, there will be a final Q & A (if needed) with the class to ensure all coaches leave with any questions or concerns answered.

## MODULE 13- POOL SESSION + CLASSROOM PREP FOR POOL

This module prepares coaches for the pool session which will focus on Train to Train level swimmers. Pool safety, video analysis and test sets are some of the objectives covered in this module.