**2017 FINA INTERMEDIATE SWIM COACHES CLINIC**

**Sunday, June 4th to Thursday, June 8th, 2017**

* **SUNDAY, JUNE 4th:**
* **Morning Session: 9:00 a.m. to 1:00 p.m.**

**LEADERSHIP SKILLS FOR COACHES, DEVELOPING A LESSON PLAN, FREESTYLE AND BACKSTROKE TECHNIQUE AND DVD’S, CRITERIA FOR PROMOTION (LESSON PROGRAMME AND SWIM TEAM)**

**MENTAL TRAINING FOR SWIMMERS: LAST 75 MIN OF THE SESSION. UP TO 30 SWIMMERS 13 AND OVER. NEED MATS OR BEACH TOWEL TO LIE DOWN AND SOMETHING TO COVER EYES.**

* **Afternoon Session: 2:00 p.m. to 4:00 p.m.**

**IN THE POOL, TWO GROUPS OF ABOUT 15 SWIMMERS FROM THE 9-10 AGE GROUPS. EACH GROUP FOR ABOUT 75 MIN. FIRST GROUP WILL WORK ON THE TEACHING SEQUENCE FOR FREE AND THE SECOND GROUP ON BACK. (SWIM TEACHERS SHOULD BE IN THE WATER AS WELL)**

* **MONDAY, June 5th**
* **Morning Session: 9:00 a.m. to 12:00 noon**

**BUTTERFLY TECHNIQUE AND TEACHING PROGRESSION, FLY DVD ANALYSIS, MOTIVATION, INTRODUCTION TO ENERGY SYSTEMS**

* **Afternoon Session: 3:00 p.m. to 6:00 p.m.**

**SAME KIDS AS PREVIOUS DAY BUT ALL TOGETHER. BUTTERFLY TEACHING PROGRESSION AND FREE AND BACK FLIP TURNS. INSTRUCTORS AND AGE GROUP COACHES IN THE WATER**

* **TUESDAY, June 6th**
* **Morning Session: 9:00 a.m. to 12:00 noon**

**BREASTSTROKE TECHNIQUE, TEACHING SEQUENCE AND DVD ANALYSIS. AEROBIC AND ANAEROBIC ENERGY SYSTEMS CONTINUED, SEASON PLANNING, IM TRAINING**

* **Afternoon Session: 3:00 p.m. to 6:00 p.m.**

**SAME GROUP OF KIDS, BREASTSTROKE TEACHING SEQUENCE, TURNS FOR BREAST/FLY AND IM TURNS. FUN RELAYS, INSTRUCTORS IN THE WATER.**

* **WEDNESDAY, June 7th**
* **Morning Session: 9:00 a.m. to 12:00 noon**

**SMALL GROUP PLANNING SESSION FOR A MICROCYCLE AND ONE WORKOUT**

* **Afternoon Session: 3:00 p.m. to 6:00 p.m.**

**UP TO 30 SWIMMERS FROM 11-14. TRAINING SETS FOR AEROBIC AND ANAEROBIC CONDITIONING**

* **THURSDAY, June 8th**
* **Morning Session 9:00 a.m. to 12:00 noon**

**DRYLAND OVERVIEW, TAPERING BY AGE GROUP, RACE PACE SWIMMING, GOAL SETTING, MASTERS SWIMMING**

**TEST SETS, IMPORTANCE OF RECOVERY SETS AND PROPER NUTRITION. QUESTION AND ANSWER SESSION, PRESENTATION OF DIPLOMAS**

* **Afternoon Session: 3:00 p.m. to 6:00 p.m.**

**SAME GROUP AS PREVIOUS DAY, CRUISE INTERVAL TRAINING, SPRINT 3 SETS, RECOVERY SETS PARENTS EDUCATIONAL MEETING, MEET WITH INTERESTED MEMBERS OF THE ASSOCIATION TO CRITIQUE JAMAICA SWIMMING**