



SWIMMING PRINCE EDWARD ISLAND

Coaching 101 Course

November 28 and 29th, 2009

CARI Pool: 8:00 a.m. – 5:00 p.m.

Course Description:

Coaching 101 is the first step in getting certified in the new NCCP (National Coaching Certification Program). It is a dynamic 2 day course that mixes pool and classroom sessions. Sessions included are:

INTRO & ROLE OF THE COACH
LONG TERM ATHLETE DEVELOPMENT
TEACHING & LEARNING
POOL SESSION #1 – 3 S's : Safety, Science, Skill
ANALYZE PERFORMANCE - Strokes
POOL SESSION #2 - Analyze Performance Strokes
ANALYZE PERFORMANCE - Strokes debrief
SUPPORT THE COMPETITIVE EXPERIENCE - Rules
ANALYZE PERFORMANCE - Starts and Turns
POOL SESSION #3 - Analyze Performance Starts & Turns
ANALYZE PERFORMANCE - Starts and Turns debrief
PLANNING AND MANAGING A GROUP

It is very important to note that ALL coaches working with a swimmer in any club in Canada must be at least “in training” in the NCCP program in have the club eligible for insurance coverage. Simply speaking; if you have a coach working with swimmers on your pool deck that is not “in training” or NCCP certified none of your swimmers will be covered by our insurance. This includes paid, unpaid and casual (just covering a workout) coaches. By taking this course, you will be in “in training” and your swimmers covered.

Registration Procedure: To register go to: <http://elearn.swimming.ca/> and click on the register for a course link. For general questions on the course you can contact Jamie Whynacht at swimpei@sportpei.pe.ca

Cost: The cost of the course is \$250. Because Swim PEI values getting our coaches educated and certified, we are offering a \$150 subsidy for the first 20 coaches from Swim PEI clubs registered. There is nowhere in the country that you can get this training course for this cheap of a rate.