

## **Agenda: World Para Swimming** **Introduction to Coaching Para Swimming**

### Day 1

08:45 **Welcome and Introduction**

09:00 **Chapter 1: Role of the Coach**

10:30 *Coffee break*

10:45 **Chapter 2: Classification & Chapter 3: WPS Rules and Regulations**

11:45 **Chapter 4: Competition types and processes**

12:30 *Lunch break*

13:30 **Chapter 5: Technical Aspects (part 1)- Freestyle and Backstroke**

15:30 *Coffee break*

15:45 **Chapter 5: Technical Aspects (part 1 continued)- Breaststroke**

16:45 **Daily wrap up and forecasting Day 2**

17:30 **End of day 1**

### Day 2

08:45 **Start of Day 2- Daily run down**

09:00 **Chapter 6: Strength and Conditioning**

10:30 *Coffee break*

10:45 **Chapter 6: Strength and Conditioning (continue**

11:45 **Chapter 7: Session Planning**

12:30 *Lunch break*

13:30 **Chapter 5: Technical Aspects (part 2)- Butterfly and Individual Medley**

15:30 *Coffee break*

15:45 **Chapter 5: Technical Aspects (part 2 continued)- Turns**

16:45 **Daily wrap up and forecasting Day 2**

17:30 End of day 2

### Day 3

08:30 **Start of Day 3- Daily run down**

**08:45** Transfer to pool

09:00 **Pool Session 1**

*11:00 Transfer to Hotel*

*11:15 Coffee break*

11:30 **Pool Session 1- Discussion and Debrief**

*12:30 Lunch break*

13:30 Transfer to pool

13:45 **Pool Session 2**

*15:45 Transfer to Hotel*

16:00 *Coffee break*

16:15 **Chapter 8: Nutrition and Chapter 9: Talent I.D.**

17:00 **Wrap up, Feedback and Moving Forward**

18:00 End of course