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| 20  arrival | 21  AM: Team development, leadership and management, communication, age appropriate training  PM: pool  Boomer balance | 22  AM: coaching psychology, basic technique development, character development (Mindset), FINA swimming rules  PM: pool  Butterfly technique | 23  AM: exercise physiology, basic stroke technique principles, technique correction  PM: pool  Breaststroke technique | 24  AM: starts and turns development, relays, training theories  PM: pool  Freestyle technique | 25  AM: coaches develop drills, write workouts, Q & A  PM: pool  Backstroke  technique | 26  Optional sessions or day off |
| 27  AM: talent assessment, long term planning, motivation theory,  Mental training  PM: pool  Boomer balance | 28  AM: basic biomechanics, aerobic metabolism (exercise physiology), diet and nutrition  PM: pool Butterfly technique | 29  AM: ethics and integrity in coaching, anaerobic metabolism, swimming biomechanics, technical analysis of all four strokes and underwater harmonics  PM: pool  Breaststroke technique | 30  AM: strength and power development, flexibility, race strategy, multi-year training plans  PM: pool  Freestyle technique | 1  AM: pool practice?, construct age appropriate workouts, weekly workouts for preparation, actualization, and competitive phases, Q & A  PM: pool  Backstroke technique | 2  departure |  |