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| 20arrival | 21AM: Team development, leadership and management, communication, age appropriate trainingPM: poolBoomer balance | 22AM: coaching psychology, basic technique development, character development (Mindset), FINA swimming rulesPM: poolButterfly technique | 23AM: exercise physiology, basic stroke technique principles, technique correctionPM: poolBreaststroke technique | 24AM: starts and turns development, relays, training theoriesPM: poolFreestyle technique | 25AM: coaches develop drills, write workouts, Q & APM: poolBackstroketechnique | 26Optional sessions or day off |
| 27AM: talent assessment, long term planning, motivation theory, Mental trainingPM: poolBoomer balance | 28AM: basic biomechanics, aerobic metabolism (exercise physiology), diet and nutritionPM: pool Butterfly technique | 29AM: ethics and integrity in coaching, anaerobic metabolism, swimming biomechanics, technical analysis of all four strokes and underwater harmonicsPM: poolBreaststroke technique | 30AM: strength and power development, flexibility, race strategy, multi-year training plansPM: poolFreestyle technique | 1AM: pool practice?, construct age appropriate workouts, weekly workouts for preparation, actualization, and competitive phases, Q & APM: poolBackstroke technique | 2departure |  |