

NCCP Level 2 Technical Swimming Course

Friday		
7:00 PM	Submit pre-course workbooks – Introductions	classroom
	Course Registrations & Requirements – Needs Assessment	classroom
	Biomechanical Principles & Progressive Technical Stroke Development	classroom
	Communication & Feedback – Self Awareness Skills	classroom
	Practice plan preparation	
9:30 PM	Anticipated conclusion to day one.	
Saturday		
8:00 AM	Communication & feedback	Pool
	Water session –coaches in water – bring suits, etc.	Pool
10:00 AM	Break	
	Planning principles and periodization – Seasonal planning	classroom
	Experiential Coaching	classroom
	Nutrition part 1 (JL)	classroom
Noon	Break	classroom
1:00 PM	Nutrition part 2 (JL)	classroom
	Energy systems Part 1 & Principles of Anaerobic Training	classroom
	Break	
	Swimming performance – measurement & Evaluation	classroom
	Biomechanical Principles & Progressive Technical Stroke Development	classroom
	Physical & Psychological development of Adolescent Swimmers (JL)	classroom
	Practice plan preparation	classroom
4:00 PM	Water session –coaches in water – bring suits, etc.	Pool
6:00 PM	Water session review and evaluation.	Pool
	Practice plan preparation	classroom
6:30 PM	Anticipated conclusion to day two	
Sunday		
8:00 AM	Water session –coaches in water – bring suits, etc.	Pool
	Break	
	Water session review and evaluation.	classroom
	Muscular development and strength training (JL)	classroom
	Mental Skills – Goal-setting	classroom
Noon	Break	
	Leadership and professional standards	classroom
	Course workbooks – revisit seasonal planning	classroom
	Certification requirements and Wrap-up	classroom
	Submit Course assignments	classroom
3:00 PM	Anticipated conclusion of day three	

Candidates to bring stop watch, clipboard, swim suit, note pad, textbook, pre-course workbook (Completed)