



Teacher of Competitive Swimming
Course Outline

“Back to Basics”

8.00am	Introduction and day plan
8.30am-10.30am	Stroke Mechanics and Drills Freestyle Breaststroke Starts and Turns
10.30am-12.00pm	Pool Session
12.00pm-12.30pm	Lunch Break
12.30pm-2.00pm	Stroke Mechanics and Drills Backstroke Butterfly IM Starts
2.00pm-3.30pm	Pool Session
3.30pm-4.00pm	Going over the skills learnt Debrief of day

