

speedo  **SwimCoach Conference**

LOCAL IS LEKKER



PROGRAMME

18-20 May 2018



FRIDAY 18 MAY 2018

Start	End	STROKE TEACHING	SPEAKER	COMBINED SESSIONS	SPEAKER	AGE GROUP COACHING	SPEAKER
13:00	14:00	REGISTRATION					
14:00	14:15			Opening & Welcome	Rocco Meiring		
14:15	15:15			Understanding the fundamentals of motor learning so that I understand how to build & correct technique	Dr Paola Wood		
15:15	15:40			Toptrition	Naka Drotzke		
15:40	16:00	TEA					
16:00	16:50			Key characteristics of the new generation and how to coach them effectively	Steven Ball		
17:00	18:00	Progression drills for primary school swimmers that work on building techniques for stroke teaching	Bianca Marais			Technical planning for competitive age group swimmers & key sets	Warren Deyzel



SATURDAY 19 MAY 2018

Start	End	STROKE TEACHING	SPEAKER	COMBINED SESSIONS	SPEAKER	AGE GROUP COACHING	SPEAKER
08:00	08:45	Butterfly technique: what do I teach and look for in my junior butterfly swimmers	Keenan Riffel			Key training for age group swimmers competing in open water and pool swimming	Bianca Marais
08:45	09:30	Backstroke technique: what do I teach and look for in my junior backstrokers	Warren Deyzel			Key sets for building speed in age group swimmers & what to integrate into your programme	Dr Karen Hugo
09:30	10:00	TEA					
10:00	10:45	Freestyle technique: what do I teach and look for in my junior freestylers	Hilton Slack			My dryland programme for Tuks swimmers	Claire Rolt
10:45	11:30	Breaststroke technique: what do I teach and look for in my junior breastrokers	Rocco Meiring			Mental Preparation for Competition	Warren Deyzel
11:30	12:45	LUNCH					
12:45	13:30	How to transition from stroke groups to junior competitive squads	Bianca Marais			Designing sets for my competitive 12-15 year old age group swimmers	Rocco Meiring
13:30	14:00	Q&A	Bianca Marais			The application of heart rate technology in swimming training	Harald Zumpt
14:00	14:30	TEA					
14:30	15:15			Dune Coetzee's journey through the different programme levels	Linda de Jager		
15:15	16:00			What do I stress for 50m racing & how do I coach my swimmers to execute the key components of the race	Dr Karen Hugo		

SUNDAY 20 MAY 2018

Start	End	STROKE TEACHING	SPEAKER	COMBINED SESSIONS	SPEAKER	AGE GROUP COACHING	SPEAKER
08:00	08:45			Key sets for my 9-11 year old competitive swimmers	Keenan Riffel		
09:00	09:45	Teaching technique: The WHY Method	Leilani Correia			Preparing your age group swimmers for major competitions	Bianca Marais
09:45	10:00	TEA					
10:00	10:45	How I integrate my school team programme with my club programme	Keenan Riffel			Key physiological & psychological considerations in coaching pubescent female age group swimmers	Dr Karen Hugo
11:00	11:45			The training stimuli & how to apply them to age group swimmers	Rocco Meiring		
11:45	12:00			CLOSURE & THANKS	Rocco Meiring		