

# COACHING BEYOND TWENTY

## speedo SwimCoach Conference

**17-19 May 2019** Future Africa Conference Centre,  
University of Pretoria, Hillcrest Sports Campus

# PROGRAMME

Start	End	TECHNICAL TEACHING		COMBINED SESSIONS		AGE GROUP COACHING	
<b>FRIDAY 17 MAY 2018</b>							
<b>REGISTRATION</b>							
13:30	13:45			Opening & Welcome	Alan Fritz		
13:45	14:00			Conference Administration	MJ Goebel, Swimcoach		
14:00	15:00			Coaching Age Group and Youth Athletes the principles Part 1	John Atkinson		
<b>TEA</b>							
15:30	16:30	Key factors on racing skills: basic principles of diving, backstroke start, flipturns, open turns	Amy Bathgate			Important statistics of swimming in South Africa, I need to know. Is my coaching aligned to where world swimming is going.	Dean Price, HP Manager
16:30	17:30					What's new in the world of swim coaching	Larry Laursen, Swimcoach

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Start	End	TECHNICAL TEACHING	COMBINED SESSIONS	AGE GROUP COACHING	
<b>SATURDAY 18 MAY 2018</b>					
08:00	09:00		Coaching Age Group and Youth Athletes the principles Part 2	John Atkinson	
09:00	10:00		Growth Mindset and teaching technique	Yogi Ferreira	
<b>TEA</b>					
10:30	11:30	Stroke correction, improving technique	Ian Els	Practical Training for limited time and pool space	Brendan Pienaar
11:30	12:30	Systematic learn to swim stroke development	Craig Rouse	Nutrition: How to attain the pre-race blood sugar levels for optimal performance (meals, snacks, supplements)	Nikki de Villiers
<b>LUNCH</b>					
13:30	14:30	Opimising my Swim School Business	Brent Holmes	Adding Speed to my age groupers	Eugene du Pont
14:30	15:30	Basic drill progression for beginner competitive swimmers	Ian Els	What opportunities are there for my age groupers at South African universities (who offers what)	Steven Ball, USSA High Performance
<b>TEA</b>					
16:00	17:00		Golden Technical Rules of Swimming (Atkinson and Sweetenham)	John Atkinson	
<b>SUNDAY 19 MAY 2018</b>					
08:00	09:00		Key sets and technical focus for age group and youth swimmer's	John Atkinson	
09:00	10:00		Full Question and Answer session	John Atkinson	
10:00	10:30		CLOSURE & THANKS	Rocco Meiring	