



OCTOBER 12-14, 2018

SWIM MANITOBA COACHES CONFERENCE

SPEAKERS

Dr. Allan Wrigley

Dr. Wrigley is the Swimming Canada Integrated Support Team Director and responsible for the oversight of Swimming Canada's applied strategy for sport science and sport medicine services. As lead biomechanist for Swimming Canada, Dr. Wrigley has worked with many of Canada's top swimmers.

Tessa Gallinger

Lead Adaptive Strength Specialist for the Canadian Paralympic Swim Team, Tessa has helped develop the warm-up and pre-race strategies for the Para-swimming Team in the last major meets, including the 2016 Paralympics Games. She is currently completing a Masters of Science studying Muscle Physiology.



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SWIM MANITOBA

206-145 Pacific Avenue
Winnipeg, MB R3B 2Z6

<http://www.swimmanitoba.mb.ca/>



2018 Swim Manitoba First Annual Coaches Conference

Friday, October 12

Schedule	Topic	Speaker	Classroom
5:00 PM	Welcome	Swim Manitoba	Lobby
5:30 PM	Changes in The Program, Team Handbook	Pascal St-Pierre	Class 1
6:30 PM	Break		
7:00 PM	Why Activated and How to Optimize It	Tessa Gallinger	Class 1
8:00 PM	Coach Education and Funding: Representatives from Sport Manitoba and Coach Manitoba		Class 1
8:30 PM	Free		

Saturday, October 13

Schedule	Topic	Speaker	Classroom
8:00 AM	Turns: Theory of The Best Turn	Dr. Allan Wrigley	Class 1
9:15 AM	Break		
9:30 AM	Activation	Tessa Gallinger	Pool Deck
10:00 AM	Pool Session: Turn Analysis	Dr. Allan Wrigley	Pool
12:00 PM	Lunch Break		Lobby
1:00 PM	Optimizing Competition Warm-Up	Tessa Gallinger	Class 1
2:00 PM	Break		
2:15 PM	Starts: Theory of The Best Start	Dr. Allan Wrigley	Class 1
3:30 PM	Break		
3:45 PM	Activation	Tessa Gallinger	Pool Deck
4:30 PM	Pool Session: Start Analysis	Dr. Allan Wrigley	Pool
6:30 PM	Free		

Sunday, October 14

Schedule	Topic	Speaker	Classroom
8:00 AM	Race Analysis	Dr. Allan Wrigley	Class 1
9:15 AM	Break		
9:30 AM	Warm-Up Protocol	Tessa Gallinger	Pool Deck
10:00 AM	Pool session: Time Trials with Race Analysis and W/U Protocol	Dr. Allan Wrigley	Pool
12:00 PM	Lunch Break		Lobby
1:30 PM	SWIM MANITOBA - AWARDS BANQUET		Holliday Inn

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