

2018



**SWIM
MANITOBA**

SWIM MANITOBA COACHES CONFERENCE

We have chosen topics that will be of practical daily use for coaches and applicable to all levels of athletes. To ensure the knowledge will be as applicable as possible, we have combined the conference with the Team Toba training camp. Therefore, the coaches will learn the theory in class, and go to the pool to see the application.

We will have two main topics:

1 - Starts and Turns with Dr. Wrigley

Dr. Wrigley will discuss the processes of proper starts and turns with the coaches and athletes. He will then engage the athletes during a sequence of video as they perform starts and turns. The feedback and analysis will be done with the coaches and athletes on the pool deck, making corrections and providing feedback with additional video and analysis. This will assist the coach and athlete team to make the necessary corrections to create the best start and turn for the individual athlete.

Further, Dr. Wrigley will provide race analysis for the coaches and athletes during the Sunday session. Reiterating the corrections required and the application with athletes while under race situations.

2- Activation sequence and Warm up protocol with Tessa Gallinger

Tessa will discuss the theory for “Why Activate and How to optimize it”. She will then take the coaches and athletes through the activation protocol that she has created for Swim MB. The coaches and athletes will be assisted through the protocols with emphasis on proper activation process, timing and delivery.

Tessa will then provide a pre-race protocol that has been created for Swim MB. The coaches and athletes will be provided with information and theory to optimize the activation routine and pre-race protocol as one unit. Following the theory and training, the coaches and athletes will apply this during the remainder of the conference.

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