



2019 Swim Manitoba Annual Coaches Conference

Saturday, October 5

Schedule	Topic	Speaker	Classroom
8:30 AM	Welcome	Swim Manitoba	Lobby
9:00 AM	Coaching Efficacy	Olivier Trudel	Theatre
10:15 AM	Break		
10:30 AM	Physiology's MythBusters	Myriam Paquette	Theatre
11:45 PM	Lunch Break		
12:30 PM	Communication with Athletes	Olivier Trudel	Theatre
1:45 PM	Break		
1:55 PM	The latest trends in training	Myriam Paquette	Theatre
3:10 PM	Break		
3:20 PM	Sport Psychology for Athletes	Olivier Trudel	Theatre
4:35 PM	Break		
4:45 PM	Creating training sessions that target the right physiological adaptations	Myriam Paquette	Theatre
6:00 PM	Free		

Sunday, October 5

Schedule	Topic	Speaker	Classroom
8:30 AM	Welcome		
9:00 AM	Developing Expertise in Coaching	Olivier Trudel	Theatre
10:15 AM	Training swimmers, from kids to masters	Myriam Paquette	Theatre
11:30 AM	Break		
11:45 AM	Panel: FINA World Champ, ASCA World Conference, Best Fest	Vlastimil Cerny & Robert Novak	
12:30 PM	END		

THANKS TO OUR PARTNERS

