



Presents:

Tracey Hemphill & Julie Cassim-Adam

ON

Backstroke & Freestyle Specifics for LTS Instructors

With Special Focus on:

- Backstroke – Basic stroke drills and progressions
- Backstroke – What a swimmers needs to be ready for competitive coaching
- Freestyle – Basic drills progressions
- Freestyle – What a swimmer needs to be ready for competitive coaching
- Q & A Session

Objectives & Outcomes:

- To help instructors better understand how to plan for backstroke and freestyle development and progressions.
- To teach instructors what is required for competitive starts, turns and finishes in these strokes.

DATE: Friday, 2 AUGUST 2019

TIME: 09H00 – 13H00

VENUE: Dolphin Swim Centre, 124 Bombay Street, Lenasia

Fee: R350.00 per coach

BOOKING DETAILS: Complete the form on the link below

https://docs.google.com/forms/d/e/1FAIpQLSeKe9tkqiqwrqFx53UJyMyb-ipE4L7OzQ0Se3IPf2lk-VzdSw/viewform?usp=sf_link

No refunds will be given in the event that an instructor is unable to participate at late notice.



Presents:

Tracey Hemphill & Julie Cassim-Adam

ON

STARTS, TURNS & FINISHERS

With Special Focus on:

- Backstroke – Basic stroke drills and progressions
- Backstroke – What a swimmers needs to be ready for competitive coaching
- Freestyle – Basic drills progressions
- Freestyle – What a swimmer needs to be ready for competitive coaching
- Q & A Session

Objectives & Outcomes:

- To help instructors better understand how to plan for backstroke and freestyle development and progressions.
- To teach instructors what is required for competitive starts, turns and finishes in these strokes.

DATE: Saturday, 3 AUGUST 2019

TIME: 11H00 – 13H30

VENUE: Dolphin Swim Centre, 124 Bombay Street, Lenasia

Fee: R200.00 per participant

BOOKING DETAILS: Complete the form on the link below

https://docs.google.com/forms/d/e/1FAIpQLSfJgNxH9y4Gkz5Qxu8OSO_KMqn1aA93R-EQXVoqtQhoOHfD0sg/viewform?usp=sf_link

No refunds will be given in the event that an instructor is unable to participate at late notice.



Presents:

Tracey Hemphill & Julie Cassim-Adam

ON

Butterfly & Breaststroke Specifics for LTS Instructors

With Special Focus on:

- Butterfly – Basic stroke drills and progressions
- Butterfly – What a swimmers needs to be ready for competitive coaching
- Breaststroke – Basic drills progressions
- Breaststroke – What a swimmer needs to be ready for competitive coaching
- Q & A Session

Objectives & Outcomes:

- To help instructors better understand how to plan for Butterfly and Breaststroke development and progressions.
- To teach instructors what is required for competitive starts, turns and finishes in these strokes.

DATE: Friday, 16 AUGUST 2019

TIME: 09H00 – 13H00

VENUE: Dolphin Swim Centre, 124 Bombay Street, Lenasia

Fee: R350.00 per coach

BOOKING DETAILS: Complete the form on the link below

https://docs.google.com/forms/d/e/1FAIpQLSeovE17f-6_pdkyZDSmfTtFz8oSyoZ6qQY38NIbNZ8eez9m3Q/viewform?usp=sf_li nk

No refunds will be given in the event that an instructor is unable to participate at late notice.