

## 2017-2018 COACH DEVELOPMENT PROGRAM

SSO is offering an exciting new coach development package – **Coach UP** – for Ontario Clubs to take advantage of this season!

Coaches will participate in numerous expert-led coach development workshops & webinars. The program is also formally integrated with high performance programming, where participants will have access to athletes for hands-on clinics.

Sessions are led by top Ontario coaches and guest experts as well as special international guests. Flexible credential-based package allows Clubs to select which Club coach(es) they wish to attend each session.

Session	Date	Description		
T2T-Aligned Coach Sessions	Fri Sept 15, 2017	<b>Morning Roundtable</b> 30-45 min Roundtable Discussion  <ul style="list-style-type: none"> <li>Various technical coaching topics</li> <li>Facilitated by top Ontario synchro coaches/technical experts</li> </ul>	<b>Observe T2T Athletes</b> Rotate around skills stations (4 hours)  <ul style="list-style-type: none"> <li>Interact with guest experts/coaches</li> <li>Ask questions</li> <li>Practice giving athlete feedback</li> <li>Improve technical skills &amp; build drill library</li> </ul>	<b>Afternoon Workshop</b> 60-90 min Coach Workshop  <ul style="list-style-type: none"> <li>Guest Expert-led session</li> <li>Topics include Seasonal Planning, Choreography, Leadership, and various technical skill development areas (including hands-on/in-pool sessions with high performance athletes)</li> </ul>
	Sat Sept 16, 2017			
	Sun Sept 17, 2017			
	Sun Oct 15, 2017			
	Sun Nov 12, 2017			
	Sun Jan 28, 2018			
	<b>Mon Feb 19, 2018</b>			
Coach/Officials Tech Day	Sat Sept 30, 2017	Full-day officials/coaches technical workshop (focusing on new FINA figures)		
Webinar Series	TBD – ETA Nov 2017	x3 60 min webinars hosted by guest experts on a variety of topics		
	TBD – ETA Dec 2017			
	TBD – ETA Feb 2018			

**\$299**  
for 1 Coach Credential

(Only \$5.64 per programming hour)



**OR**

**\$499**  
for 2 Coach Credentials

(Only \$4.71 per programming hour)



Cost includes ALL listed activities (53 hours total coach development!)

Send the same coach OR different coaches to each session

Coach attendees earn PD points

*\*All attendees must be minimum Comp Intro Trained*

REGISTER ONLINE  
HERE BY SEPT 12<sup>th</sup>:



[https://synchroswimontario.formstack.com/forms/coach\\_up\\_reg](https://synchroswimontario.formstack.com/forms/coach_up_reg)

### Planned 2017-18 Topics Include:

Annual Planning Made Easy  
 Injury Prevention & Concussion Workshop  
 How to train speed  
 Skills Testing & the Gold Medal Standard  
 Strength Training  
 Build your drill library

Choreography Workshop  
 Managing sport parents  
 Building Strong Leadership skills  
 Highlight Workshop  
 Giving effective athlete feedback

*\*Topics subject to change / minimum enrollment must be met*