



COUNTY COACH AND TEAM MANAGER CONFERENCE

2018

Will be held on Saturday 17th March at
The Holiday Inn,

Taunton, Somerset, TA1 2UA. Aimed towards Level 1 coaches and Team
Managers.

Free places are booked for the appointed Head Coach/Skills Coaches,
Lead Team Manager/Assistant Team Managers for each County
delivering the Pathway Programme.

***The conference is also open to all other Coaches and Team
Managers in the Region at a cost of £10.00 per head Swim21
accredited clubs or £20 for non-Swim21 clubs.***

Lunch will be provided.

To book a place please email Stacey.Millett@swimming.org
with your name, club, and tel no. by Thursday 1st March and pay by
BACS to account no. 04630314 Sort Code 30-90-54 using reference
'CConf' followed by your surname.

Or send a cheque payable to ASA SW Region to
ASA SW Regional Office, Castle Business Centre, Castle Road,
Chelston Business Centre, Wellington TA21 9JQ to arrive by Monday
26th February.

BOOKINGS AFTER 1ST MARCH WILL NOT BE ACCEPTED.

County Coach Conference Programme March 17th 2018

Time	Coaching Conference
09:00 – 09:15	Registration for County Skills Coaches/ County & Regional Assistant Team Managers and briefing meeting with the County Head Coach/ County & Regional Lead Team Manager from 09:15 – 09:45
09:30 – 10:00	Registration
10:00 – 10:15	Welcome
10:15 – 11:15	<p style="text-align: center;"><u>Managing Difficult Conversations</u> Communicating your message with IMPACT and CLARITY Understanding your emotions Communication styles/ approach Challenging Relationships <i>Speaker TBA</i></p>
11:15 – 11:30	Break
11:30 – 12:45	<p style="text-align: center;"><u>Growth and Development of Age Group Swimmers</u> Understanding the stages of physical development; formative years and stages of maturity (The ABC's) What is PHV and its impact on training prescription Land work; what exercises are key at different critical growth periods <i>Speaker TBA</i></p>
12:45 – 13:30	Lunch
13:30 – 14:45	<p style="text-align: center;"><u>Construction of Sessions for Age Group Swimmers</u> Constructing the training week Focusing on appropriate use of different energy systems Considerations for coaching females Importance of correct demonstrations and instructions to young swimmers <i>Speaker TBA</i></p>
14:45 - 15:00	Conference Close
15:00 – 15:30	Debrief for County Skills Coaches/ County & Regional Assistant Team Managers and briefing meeting with the County Head Coach/ County & Regional Lead Team Manager

Team Managers Conference Programme March 17th 2018

Time	Team Manager Conference
09:00 – 09:15	Registration for County Skills Coaches/ County & Regional Assistant Team Managers and briefing meeting with the County Head Coach/ County & Regional Lead Team Manager from 09:15 – 09:45
09:30 – 10:00	Registration
10:00 – 10:15	Welcome
10:15 – 11:15	<p><u>Effective Recovery for Multi – Day Competitions</u> Managing the environment where the team is accommodated Promoting appropriate nutrition, hydration and sleep strategies to optimise recovery <i>Speaker TBA</i></p>
11:15 – 11:30	Break
11:30 – 12:30	<p><u>Understanding Emotional Intelligence</u> Emotional Responses and their IMPACT <i>Speaker TBA</i></p>
12:30 – 13:15	Lunch
13:15 – 14:00	<p><u>Team Manager Behavioural Philosophies</u> How to develop a personal behavioural philosophy Considerations for adapting your style to meet the needs of different individuals <i>Speaker TBA</i></p>
14:00 – 14:45	<p><u>What If Scenarios</u> Experienced Team Managers share their experiences: challenges faced, key learning and reflections for future practice in the role <i>Speaker TBA</i></p>
14:45 - 15:00	Conference Close
15:00 – 15:30	Debrief for County Skills Coaches/ County & Regional Assistant Team Managers and briefing meeting with the County Head Coach/ County & Regional Lead Team Manager