



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 Speaker TBA</p> |
| 11:15 – 11:30 | Break |
| 11:30 – 12:30 | <p><u>Understanding Emotional Intelligence</u> Emotional Responses and their IMPACT Speaker TBA</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 Speaker TBA</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 Speaker TBA</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 |