



Teacher of Competitive Swimming
Course Outline

“Back to Basics”

9.30am	Introduction and day plan
10am – 11.30am	Stroke Mechanics and Drills Freestyle Breaststroke Starts and Turns
11.30 – 1pm	Pool Session
1 – 1.30pm	Lunch Break
1.30 – 3pm	Stroke Mechanics and Drills Backstroke Butterfly IM Starts
3 – 4.30pm	Pool Session
4.30 – 5pm	Going over the skills learnt Debrief of day

