

# Strength & Conditioning Workshop for Coaches of Age Group Swimmers

Sunday 27<sup>th</sup> October

Millfield School, Street

8:45am – 2pm

This Strength and Conditioning workshop is aimed towards mainly Level 2 coaches who coach age group swimmers.

**Topics include:**

Growth and Development

Key stages of development in relation to land work

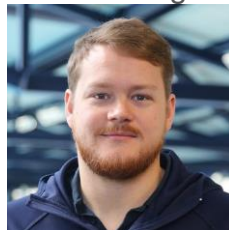
The Youth Physical Development Model

RMAP Warm up

Mobility, stability and fundamental movement patterns for age group swimmers.

**Tutor:**

Dan Waddingham



Dan has worked as a Strength and Conditioning Coach since 2012 working in multi-disciplinary high performance team for an array of sports and athletes competing at various levels. His previous experience includes working in a multi-sport environment at Plymouth College, leading the Strength and Conditioning programme for Basketball Wales and working alongside coaches at Swansea University and the former Swansea ITC.

**Cost:**

£30 for Non-SwimMark Clubs

£20 for SwimMark Accredited Clubs

To book a place please email Laura Hill – [laura.hill@swimming.org](mailto:laura.hill@swimming.org) – by Saturday 14th October 2019 with your name and club.