

# Strength & Conditioning Workshop for Coaches of Youth Swimmers

Saturday 23<sup>rd</sup> November, Millfield School, Street  
9:30am – 2pm

This Strength and Conditioning workshop is aimed towards mainly Level 2 coaches who coach youth swimmers (14 – 17 yrs).

**Topics include:**

- H&S risk assessments
- Revision of RMAP warm up and introducing self-checks
- Principles of training in Youth age group - overload/recovery
- Training bias related to season/calendar
- Exercises with progression and regression
- Considerations of maturity. Male and female related to youth age group (14-18)

**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 9<sup>th</sup> November 2019 with your name and club.