

COACHES' TRAINING

The JFD Coaches' Training Program is a wonderful opportunity to gain valuable skills and open the door to possible job options in the future.

\$100 Fee - All swimmers 14+ | Free for all current JFD Coaches
If you cannot attend a whole session, come for what you can, and we will credit your coaching advancement accordingly.

Monday 4/3 - Thursday 4/6

Coaches Training Agenda

Training will start at the JFD House for the a video, then move to the QO pool deck. During the training, there will be a range of discussion, observing, assisting and managing a whole group.

9:00-10:00 Video at JFD House - across the street from QO Bubble

10:00-12:00 Clinic Training - On deck Practical Training

12:00-12:30 Coach Flaherty speaks on key topics - QO Mission, Motto, Philosophy, Career Advancement, Policies and Fast Action Point Progressions.

12:30-1:30 Lesson Training - In water Practical Training

Main Stroke Rotation by Day

| Day | Mon. | Tues. | Wed. | Thur. |
|--------|------|-------|--------|-------|
| Stroke | Free | Back | Breast | Fly |

PLEASE EMAIL JOEFDOLPHINS@GMAIL.COM TO RSVP!