



**Swimming Queensland (SQ)
Coaches Workshop
Wednesday, 14 June 2017**



Dear Coaches

Drew McGregor, with the support of the **ascta**QLD and Swimming Queensland would like to invite you to attend the next Coaches Workshop. This invitation is also extended to your assistant coaches. If you are not available to attend I encourage you to send your assistant.

Wednesday, 14 June 2017

10:00am – 1:00pm (please arrive by 9:45am)

QAS Lecture Room

Queensland Sport and Athletics Centre (QSAC), Kessels Rd, Nathan

Structure

- **Introduction: State of Play - Drew McGregor**, SQ Coach Development Director
- **Presentation 1: Communication – Athlete & Coach - Grant Jenkins**, Propel Perform
- **Presentation 2: Seasonal Planning - Drew McGregor & Brant Best**, SQ Coach and Club development Officer
- **Group workshop: Seasonal Planning examples – Lachlan Mitchell**, QAS Sport Science

Coaches are invited to bring examples of their seasonal plans for the group discussion on a USB or Hard Drive.

As this is a professional development session and morning tea is being provided, it is very important that you advise if you are coming along. Please RSVP (either **yes** or **no**) for you and your assistant coach by **Monday, 12 June** to trudee.stafford@swimming.org.au

Please mark the dates below in your calendar for the remainder of the 2017 Coach Workshops:

Wednesday, 13 September

Wednesday, 29 November

Best regards,

Drew McGregor
SQ Coach Development Director