

OPEN WATER

Open Water Swimming Coaches and Athletes Training Camp

PanAm Aquatics will be conducting an in-person Coaches Clinic **supported by World Aquatics (AQUA)**.

Programme

Session	Date	Local Time
Session 1	Monday August 26, 2024	09:30 - 12:00
Session 2	Monday August 26, 2024	15:00 - 17:00
Session 3	Tuesday August 27, 2024	09:30 - 12:00
Session 4	Tuesday August 27, 2024	15:00 - 17:00
Session 5	Wednesday August 28, 2024	09:30 - 12:00

Lecturer: David Thomas.

Languages: English and Spanish.

Registration: To register for the clinic please [fill in the following information](#).

Day 1

Classroom:

- *Coaches facilitating great athletes and great swims
- *What can the coach do to help the swimmer?
- *Preparing for Competition
- *Site Inspection (Safety, strategy building, points of interests)
- *Gathering Information

Pool (with Buoys):

- *Setting up a pool for Open Water Practices
- *Types of Drills to Introduce Swimmers to Open Water
- *Training Sets for Open Water
- *Discussion About What Coaches Around the Caribbean Are Doing

This clinic is available to all coaches, athletes and the Aquatics community from PanAm Aquatics National Federations.

Limited quota will be filled on a first come, first serve basis.

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Day 2:

Classroom:

- *Prepping and preparing the athletes
- *Benefits of Open Water for Pool Swimming
- *Benefits of Open Water for Clubs (offering more than just the pool)
- *Utilizing the Prettiest Open Water Venues in the World
- *Preparing for an Open Water Practice
- *Training for Open Water Swims
 - Mental Approach
 - Coach Approach
 - Athlete Approach
- *Equipment for training
- *Questions/Answers and Discussion

Pool (No Buoys):

- *Setting up a pool for Open Water Practices
- *Types of Drills to Introduce Swimmers to Open Water
- *Training Sets for Open Water
- *Discussion About What Coaches Around the Caribbean Are Doing

Day 3:

Classroom (Half Day):

- *Development of a National Federation Open Water Program
- *Discussion/Feedback

PanAm Aquatics Open Water Swimming Committee



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