

Date/ Day	Time	Venue	Topic	Course Conductors
Wed 16 Sept	7.00pm	Training Pool	Teaching Starts/Turn/Finishes#	Ricky Yeo
Fri 18 Sept	7.00pm	Conference Room	Conducting On-Land & Water Training Sessions	David Lim
Wed 23 Sept	7.00pm	Conference Room	Coaching Freestyle, Backstroke and Butterfly	David Lim
Fri 25 Sept	7.00pm	Conference Room	Coaching Breaststroke and Individual Medley	David Lim
Wed 30 Sept	7.00pm	Conference Room	Designing Intermediate Training Sessions	Ang Peng Siong
*Thurs 1 Oct	7.00pm	Conference Room	Advanced Skill Teaching and Analysis	Ang Peng Siong
Fri 2 Oct	7.00pm	Conference Room	Competition Rules 1	Ong Hock Lai
Mon 5 Oct	7.00pm	Conference Room	Competition Rules 2	Ong Hock Lai
Wed 7 Oct	7.00pm	Conference Room	Adapting Training Programmes for Individual Differences	Kang Guan Hock
Fri 9 Oct	7.00pm	Conference Room	Training Methods and Seasonal Planning	Kang Guan Hock
Mon 12 Oct	7.00pm	Conference Room	Video Viewing	Jeanne Tan (Not Available) Kang Guan Hock
Wed 14 Oct	7.00pm	Conference Room	Brief Introduction to Sports Injuries	Dr Cormac O Muircheartaigh, SSC
			Common Injuries in Swimming	
			Prevention & First Aid for Sports Injuries	
			Management & Rehabilitation of Sports Injuries	
			Other Medical Conditions eg. eye, skin, ENT	
Fri 16 Oct	7.00pm	Conference Room	Nutrition and Sports Performance	Elsie Chiang
			Long Range Nutrition Planning	
			Nutrition before and during competition	
Mon 19 Oct	7.00pm	Conference Room	Overview of Sports Psychology	SSC Sports Psychologist
Wed 21 Oct	7.00pm	Conference Room	Sports Psychology	SSC Sports Psychologist
Fri 23 Oct	6.30pm	Training Pool	Practical Examination	Kang Guan Hock Ricky Yeo Jeanne Tan Elsie Chiang
Mon 26 Oct	6.30pm	SMU Theatre	Theory Examination	Kang Guan Hock Justina Tan