

USRPT ORGANIZATION FOR TRAINING GROUPS: PARTS I AND II

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The important structural features of USRPT require a different coaching mind-set to traditional coaching. These presentations revise the factors and procedures involved in implementing USRPT programs in a typical squad or age-group situation. Emphasis is placed on some features more than others. As well, periodic justifications for not combining some USRPT work with traditional practice elements are made. A coach, parent, and/or swimmer should emerge from this webinar with a clear understanding of the essential features of USRPT and how they can be employed in a typical swimming group situation. The presentations do not cover Sprint-USRPT.

A free workbook containing reproductions of the PowerPoint slides used in both webinars is provided.