**County Conference 2017**

The inaugural County Conferences will be hosted by each ASA Region in March 2017. These conferences are a pathway initiative, held in partnership with the ASA County Swimming Associations and ASA England Programmes.

It is intended that these county conferences, primarily aimed at level 1/ 2 coaches and level 1 team managers will continue to be scheduled to take place each year in March as an integral part of the ‘County Development Programme’.

This is an excellent opportunity for coaches and team managers to access technical and non- technical information specifically relating to age – group swimming. Attendance at the conference will allow coaches and team managers to develop a greater awareness of the critical role that they need to play in the development of our aspiring young swimmers. Delegates will be have the opportunity to check and challenge their understanding with key speakers and their peers throughout the day.

|  |  |  |
| --- | --- | --- |
| **Time** | **Coaching Conference** | **Team Manager Conference** |
| **09:00 – 09:45** | **Registration for County Skills Coaches/ County Assistant Team Managers and briefing meeting with the County Head Coach/ County Lead Team Manager from 09:15 – 09:45** |
| **09:30 – 09:45** | **Registration** |
| **09:45 – 10:00** | **Welcome** |
| **10:00 – 12:00** | **Effective Communication**What does this *look* and sound like?***Speaker TBC***  |
| **12:00 – 12:15** | **Break** |
| **12:15 – 13:30** | **Principles of Planning**A step by step guide to developing the season plan for young age group swimmers. Addressing why planning is important, and identifying the key scientific principles and appropriate training zones***ASA England Programmes Officer******Supported by County Head Coaches*** | **Supporting the Programme Culture**The aim of this session will be to highlight and discuss the role of the team manager in reinforcing key cultural messages as part of effective leadership behaviours***Speaker TBC******Supported by County Lead Team Managers***  |
| **13:30 – 14:00** | **Lunch** |
| **14:00 – 15:00** | **Developing a Race Model**This session will look to explain the key components of the race model and the key considerations for effective communication and feedback within pre and post - race conversations***ASA England Programmes Officer******Supported by County Head Coaches*** | **Managing Difficult Conversations**Practical advice for managing difficult conversations to resolve conflict***Speaker TBC******Supported by County Lead Team Managers***  |
| **15:00 – 15:15** | **Break** |
| **15:15 – 16:15** | **RMAP**Raise, Mobilise, Activate, Prime: a protocol for ‘warming up’ effectively on dry land**Recovery**Key considerations for the post – race recovery process***ASA England Programmes Officer******Supported by County Head Coaches*** | **Sharing Experiences**Experienced Team Managers share their experiences: challenges faced, key learning and reflections for future practice in the role***County Lead Team Managers*** ***Supported by ASA Regional Club Development Officers*** |
| **16:15 - 16:30** | **Conference Close** | **Conference Close** |
| **16:30 – 17:00** | **Debrief for County Skills Coaches/ County Assistant Team Managers and briefing meeting with the County Head Coach/ County Lead Team Manager** |