



Competition Introduction Online Course

- Dates:** **MUST ATTEND ALL SESSIONS:**
September 21 – 7:30pm to 9:30pm
September 23 – 7:00pm to 9:30pm
September 24 – 7:30pm to 9:30pm
September 25 – 9am to 5pm
September 26 – 9am to 5pm
October 3 – 9am to 1pm Pool portion: Repsol Sports Centre – Masks must be worn
- Candidate:** This online Comp Intro course is for coaches who are trained as AquaGo! coaches. Please see the [Coach Development Pathway](#) for requirements for a trained AquaGo! coach.
- Facilitator:** Jaime Thompson
- Platform:** Zoom – it is the participant’s responsibility to ensure you are prepared. If you do not have the app make sure you have enough time on the start date of the course to follow the link to install the app.
- Pool Portion is an in-person portion. Must attend for full course credit.**
- Deadline:** September 20th at 2:00pm
- Registration is via the [Artistic Swimming Coach website](#) > Coach Calendar. Min. of 6 and max. of 16 participants.
- Fee:**
- \$350 online course fee – payable to Alberta Artistic Swimming*
 - E-transfers* emailed to Jennifer Luzia at jluzia@albertaartisticswimming.ca
 - PayPal invoice* – subject to 4% administration fee – request invoice from [Jennifer Flowers](#)
 - Cheques payable to Alberta Artistic Swimming – AAS must receive them by the deadline
- *Please reference the Comp Intro Course and the candidates name.**
- There will be no refunds.**
- Prerequisites:**
- **Candidates must be 16 – no exceptions**
 - Trained AquaGo! coach
 - As per the [Coach Development Pathway](#)
 - Pre-requisites are completed through the coaches profile in the [Artistic Swimming Coach website](#).
- NOTE: The link to register for the online workshop will automatically be available once all prerequisites have been completed.**

Course Information:



- Candidates must participate via video and audio – candidates must be visible throughout the course. It is your responsibility to ensure your equipment is working.
- Candidates will be considered registered once all prerequisites are completed and AAS has received payment.
- Registered candidates will receive a link to participate in the workshop no later than September 20th.
- To complete certification please see the information on the [ASC website > Coach Pathway](#).

DETAILED SHCEDULE

Modules	Date	Time
Module 1: Introduction	September 21	7:30 to 9:30pm
Module 2: Planning for Performance, Part 1	September 23	7:00 to 9:30pm
Module 3: Introduction to Athletic Abilities	September 24	7:30 to 9:30pm
Module 4: Figure Foundations	September 25	9am to 5:00pm
Module 5: Developing and Training Routines		
Module 6: Planning for Performance, Part 2	September 26	9am to 5:00pm
Module 7: Planning a Practice		
Module 8: Analyze Performance		
Module 9: In-pool Practical	October 3 Repsol – Calgary	9am to 1pm

PLEASE NOTE:

Office hours are Monday through Thursday from 9am to 2:30pm. As the administrator of registration for this course please make sure any questions you have are during these hours prior to the deadline. Anyone who completes prerequisites after the deadline may not be able to get into the course.

