

**ITU LEVEL 1 CLUB AND COMMUNITY COACHING COURSE &  
ITU TECHNICAL OFFICIALS LEVEL 1 SEMINAR  
SHARM EL SHEIKH / EGYPT – 18-21 MARCH 2013  
SCHEDULE**

	17 MARCH SUNDAY	18 MARCH MONDAY	19 MARCH TUESDAY	20 MARCH WEDNESDAY	21 MARCH THURSDAY
8:30		<p align="center">Welcome</p> <p align="center">History and Multisport Lifestyle 90 minutes</p>	<p align="center">Review questions Coaching Communication Teaching &amp; learning 90 minutes</p>	<p align="center">Run theory, safety, skills, drills 60 minutes</p>	<p align="center">8:00-9:30 EXAM - ITU Level 1 Club and Community Coaching 90 minutes</p>
				<p align="center">Run practical 60 minutes</p>	
10:00		Break	Break	Break	Break
10:30		<p align="center">Basic Physiology &amp; LTAD 90 minutes</p>	<p align="center">Nutrition 60 minutes</p>	<p align="center">Basic session and programme planning <i>Workshop Session</i> 45 minutes</p>	<p align="center">Bike/Run Design, management and officiating</p>
				<p align="center">Next Steps Sport Development at home Basic session and programme planning 45 minutes</p>	
12:00		Lunch	Lunch	Lunch	Lunch
1:00		<p align="center">Bike &amp; Transition theory, safety, skills, drills 90 minutes</p>	<p align="center">Swim theory, safety, skills, drills 90 minutes</p>	<p align="center">Overall vision on Triathlon, Officiating and Officiating in Triathlon</p>	<p align="center">Administration of Triathlon events. Insurance, permissions, work force.</p>
2:30		Break	Break	Break	Break
3:00	<p align="center">Bike and Transition practical 90 minutes</p>	<p align="center">Swim practical 90 minutes</p>	<p align="center">Swim/Transition Design, management and officiating</p>	<p align="center">Timing, results, entries, reports.</p>	
5:00	<p align="center">Staff Only Review Facilities, room, equip. Room prep and set up</p>	<p align="center">Sports Psychology 45 minutes</p>			<p align="center">Sport equipment.  Practice: Briefing and assignment.</p>