



Quebec Swimming Coaches Association SPRING-SUMMER 2020 BUSINESS PLAN

April 2, 2020

To all coaches,

Hello

We hope that you are doing well despite all this difficult time that has turned our daily sports and personal life upside down.

The Board of Directors of your association wants to set up activities to allow you to be in contact with your colleagues.

We will hold a weekly one-hour activity virtually in audio and video communication. Today we announce our attached business plan. The conferences will begin on Thursday April 9, 2020.

Conference time will be from 10 a.m. to 11 a.m. every Thursday. Discussions may continue at the end of the presentation.

The symposium we had planned for May at UQTR is back in this new virtual format. The four conferences will take place every two weeks with the speakers scheduled or to be confirmed. There will be 1 PD point for maintaining your NCCP certification for each of the 4 NCCP-related conferences. You will have to be online for the duration of the conference to get 1 point. You must send an email confirming your attendance at the end of each conference at bcharron@bell.net

The weeks when there are no conferences, it will be FAQs with Pierre Lamy as host.

The Federation will also be involved with Isabelle Ducharme, Executive Director, for administrative information pertaining to clubs during this unprecedented time. The technical director, Nicolas Zazzeri, will also be invited to talk about the programs for the coming year.

This is a great opportunity, to broaden your mind and will allow us to develop our training and tactical skills by listening to speakers and group discussions. Your participation will certainly benefit your friends and colleagues and will be a great stimulus for you.

We will proceed with the ZOOM conference system. Full details to join the conferences will be emailed to you on Wednesday with the weekly invitation for the Thursday conference. You can familiarize yourself with ZOOM by creating a free account. <https://zoom.us/signin>

We hope to see you there.

Alexandre Gendron
President
Quebec Swimming Coaches Association

c.c.: Members of the Board of Directors (Alexandre Gendron, Sylvie Letarte, Marie Bergeron, Pierre Lamy, Michel Tremblay, Karine Lefebvre, Antoine Khokaz)



SPRING/SUMMER 2020 ACTIVITIES PLAN

Thursday, April 2, 2020

EMAIL **Announcement of business plan**
Presentation of weekly activities planned for the coming months.

Thursday, April 9, 2020

10am-11am **Conference: Isabelle Ducharme**
Topics: Informations on all changes caused by coronavirus pandemic.

Thursday, April 16, 2020

10am-11am **Speaker: Nicholas Perron**
Topics: Return to the age group coaching after 15 years in a university club
- Sharing his experience
(1 PD point for maintaining your NCCP certification)
(At the end of the conference, you should send an email to bcharron@bell.net to confirm your participation)

Thursday, April 23, 2020

10am-11am **Host: Pierre Lamy**
FAQ - Project to track Quebec age group athletes

Thursday, April 30, 2020

10h00-11h00 **Speaker: Nicolas Zazzeri**
Topics: Competition program for 2020-2021

Thursday, May 7, 2020

10am-11am **Speaker: Karine Lefebvre**
Topics: 20 years of experience in the Quebec City area
- Sharing of her experiences
- Training plans.
- Exchanges of ideas about swimming with participants
(1 PD point for maintaining your NCCP certification)
(At the end of the conference, you should send an email to bcharron@bell.net to confirm your participation)

Thursday, May 14, 2020

10am-11am **Host: Pierre Lamy**
FAQ - Topics to come according to the FAQ suggestions from April 23.

Thursday, May 21, 2020

10 a.m.-11 a.m. Speaker: Chrystèle Roy L'Ecuyer

Topics: From Gaspé to Montreal - Age Group Experience

- Sharing of her experiences in the region (Gaspé)
- Sharing of her experiences moving to a big club
- Exchanges with participants.

(1 PD point for maintaining your NCCP certification)

(At the end of the conference, you should send an email to bcharron@bell.net to confirm your participation)

Thursday, May 28, 2020

10am-11am Host: Pierre Lamy

FAQ - Topics to come according to the suggestions of the FAQ of May 14.

Thursday, June 4, 2020

10 a.m. to 11 a.m. Speaker: upcoming

Topics: An Olympic Cycle

- Sharing his experience

(1 PD point for maintaining your NCCP certification)

(At the end of the conference, you should send an email to bcharron@bell.net to confirm your participation)

Note: Other topics may be added in the following weeks, depending on interest.