



## Swim Alberta Webinar Series

### MOVING FORWARD POSITIVELY!

Swim Alberta will be hosting a 5 webinar sequential series aimed at providing our club coaches and key board members with information, guidance, and sharing opportunities concerning dealing with the psychological issues of dealing with the COVID-19 pandemic. In addition, the series will generate discussion, potential solutions, and support mechanisms to assist clubs with creating meaningful training and club experiences as together we re-establish competitive swimming in the province.

#### Webinar Episode:

1. **Pandemic Crisis Response** - Presented by Dr. Frank van den Berg, this episode focuses on the psychosocial aspects of dealing with the pandemic. Introduction by Steve Norris, webinar process, & 'Food for Thought I' (homework).
2. **Mental Health & Wellbeing** - Presented by Dr. Frank van den Berg, this episode focuses on maintenance of mental health and wellbeing while adjusting to life in insolation, social distancing, etc. and will provide coping mechanisms. Introduction by Steve Norris & 'Food for Thought II' (homework).
3. **Resilience & Change Management** - Presented by Dr. Frank van den Berg, this episode focuses on mental performance strategies to enhance coping mechanisms, with a transfer to competitive sport content. Introduction by Steve Norris & 'Food for Thought III' (homework)
- 4 & 5. **Return to Sport** - Presented by Dr. Steve Norris, these two episodes will focus upon the design of possible swimming programs as clubs inevitably resume operations. The format will be such that example scenarios will be presented for participants to consider when designing their own programs, from simple logistics to actual training content (in and out of water), as well as the social engagement of club members. The time period between these two episodes is to allow participants to work on their plans and then be able to share, discuss, and, or, ask questions. This process of support by Swim Alberta will continue.

#### Series Format:

1. Each episode will be approximately 60 minutes in duration.
2. The first 4 episodes will be at weekly intervals, with the 5<sup>th</sup> webinar occurring 2 weeks later; (June 3, 10, 17, 24, & July 8: 5pm - 6pm MST).
3. The webinars will be recorded and participants will be able to submit questions, examples, and ideas & solutions for future inclusion in subsequent episodes.
4. Single sign-up for the full series here: <https://www.tfaforms.com/4828755>. Maximum 3 participants per club.
5. You will receive information on how to access the webinar prior to each session. All participants must register in advance.
6. There is no fee for Swim Alberta affiliated clubs and registered coaches.
7. Registration Deadline: Monday, June 1, 2020 4:30 pm.