

SWIMMING ATHLETES' EDUCATION COURSE

Date: 14/06/2023

Program outlines

Venue: Multi-purpose conference room

Arrival time: 8:30 am

Start time: 9:00 am

Tea Break 10:00 am

Lunch 12:00 noon

Welcome

Prayer

Introduction of the programs

Ice breaker

Activity 1

Presentation on Antidoping

Activity 2

Presentation on Harassment & Abuse

Activity 3

Presentation Know Yourself

Activity 4

Presentation Wellbeing Lifestyle

Feedback session

Final remarks

Close