



COACHING MENTORSHIP

Designed for USA Triathlon Level 1&2 coaches wishing to advance in their business and craft. These courses consists of 6 separate 60 minute 1:1 sessions with Coach Kris Swarhout. You will meet once every other week for 12 weeks via video conference. Each session will cover one of the 6 specifically chosen topics designed to help grow your coaching knowledge and business. At the end of the program you will be eligible to receive 6 USAT Coaching CEU's.



LEVEL 1 TOPICS:

- Business Structure and Growth
- Communication
- Building effective Annual Training Plans
- Video Analysis
- Creating your brand
- Structuring the best long distance training plan

LEVEL 2 TOPICS:

- Transitioning from part time to full time coach
- Strategic partnerships
- Camps
- Level 3
- Public speaking
- Assistant coaches



Coach Kris is a USAT Level 3 coach who has been involved in all aspects of triathlon for over 16 years. He is a frequent contributor to USAT coaching education and events.

For a detailed description of each topic, pricing and scheduling go to finalk.com and search under COACHING or email Kris at kris@finalk.com