# TRITONWEAR

# Coaching wit Data Masterclass

## Unlock the Secrets of Data-Driven Programming

De-mystify the world of swimming analytics in this approachable course. Learn how to implement evidence-based training methodologies that will help you consistently develop elite-level swimmers. This comprehensive educational program empowers you with the knowledge and techniques to elevate your coaching expertise.

# Transform Your Swim Program

Supercharge your coaching skills with TritonWear's intensive seven-session masterclass, designed to elevate swim performance to new heights.

## What You'll Learn

- Use data to support your coaching decisions
- Create athlete-specific training plans
- Plan seasonal cycles with reliable data
- Set motivating, effective goals

## Who This Helps

Swim coaches at any level plus team leaders and staff seeking professional growth.

### Transform
### Coaching Decisions

Shift from guesswork to data-driven plans that enhance program performance.

### Support
### Athlete Growth

Use detailed data to pinpoint strengths, prevent overtraining, and refine technique.

### Build
### Team Trust

Provide clear progress reports to athletes, parents, and staff to show coaching impact.

## 7
### Sessions

Elevate your data skills - our curriculum guides you to a sustainable data culture.

## 100%
### Practical

Hands-on use of the FIT framework: Observe - Discover - Adjust

## 24/7
### Access

Unlimited access to recordings, workbooks, and coaching community

Complete the masterclass to **earn your certificate** and **join a community** of forward-thinking coaches transforming swim programs with data-driven methods.

TRITONWEAR

# Course Outline

This 7-session immersive program takes you from data fundamentals to building a sustainable data-driven culture, equipping you with practical skills at every stage.

**1** —— **Session 1: Intro to Data-Driven Coaching**

Build your foundation. Discover the 3 pillars of performance (Recovery, Effort, Skills) and learn how different data collection methods affect accuracy.

**2** —— **Session 2: Seasonal Planning**

Turn season plans into measurable blueprints. Align training blocks with data insights for optimal progression and peak readiness.

**3** —— **Session 3: Data Analysis & The FIT Framework**

Master the art of interpreting swim data to reveal hidden coaching opportunities and back up your intuition with data.

**4** —— **Session 4: Goal Setting with Data**

Set smarter goals that move the needle. Apply the SMART framework to define tangible, personalized swim goals for your athletes and team as a whole.

**5** —— **Session 5: Training Optimization**

Write workouts that strategically improve performance under pressure and translate training into race-readiness.

**6** —— **Session 6: Feedback That Sticks**

Deliver impactful, evidence-based feedback that turns insights into lasting athlete improvement.

**7** —— **Session 7: Creating a Data-Driven Culture**

Foster buy-in from swimmers, parents, and staff. Build a supportive environment where data fuels long-term growth.

TRITONWEAR

# Pricing & Program Details

Invest in your team's future. Our masterclass is designed for small groups to ensure personalized attention and collaborative learning.

---

## $750

### for up to 5 coaches per team

That's just $150 per coach for the entire program. ($1200 value)

## 7

### Weekly Sessions

You choose the recurring day and time that works best for your team's schedule.



### Small Group Setting

Sessions include multiple teams, but are capped at 12 total coaches to maximize interaction and personalized feedback.



### Community Access

Join our exclusive community forum to network, ask questions, and share insights with other data-driven coaches.