



SAMPLE SESSION PLAN

Session Coach names:			
Venue:			Date: <input style="width: 50px;" type="text"/>
Activity/Facility Requirements:			
Participant Information:	Circle appropriately: Beginner / Intermediate / Advanced		No. of participants: <input style="width: 50px;" type="text"/>
			Age range: <input style="width: 50px;" type="text"/>
			M / F / mixed gender <input style="width: 50px;" type="text"/>
	Other relevant information:		
Activity/Participant Goal(s):			
Warm-up Activities:	Time allocated		
	<input style="width: 50px;" type="text"/>		
Main Session Activities (in running order):			
Cool Down Activities:			
Summary & evaluation:			