



SWIM SMOOTH SWIMMER'S CLINIC

Who are these clinics for?

Passionate swimmers who wish to learn more about their swimming technique and how best develop the freestyle stroke. Swimming techniques have changed tremendously over the last 20yrs, so whether a novice or seasoned master swimmer/triathlete, this clinic will educate and inspire.

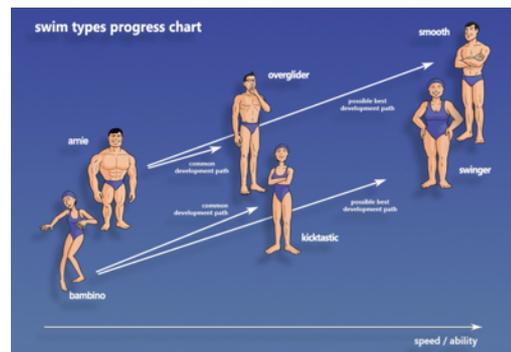
Swimmers of all abilities who can already swim 200m continuous freestyle. Speed is not a concern.



Swim Smooth Clinic Structure

1) Theory

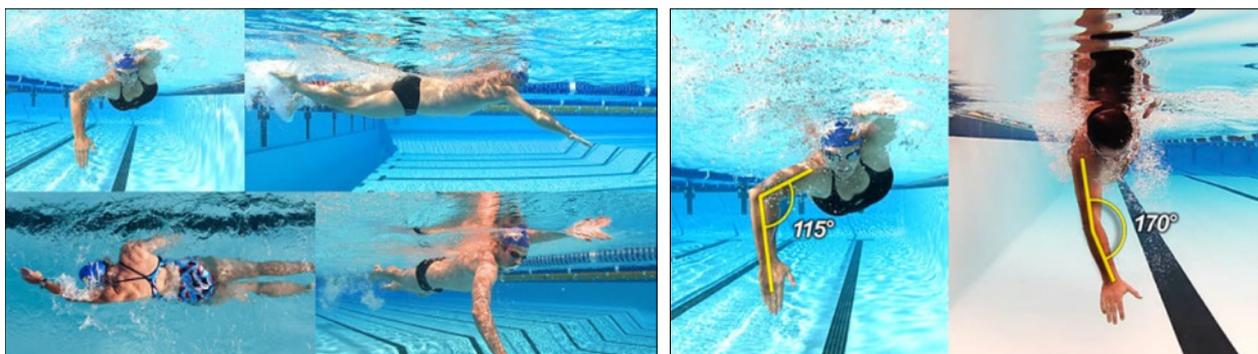
- Learn the basics of current freestyle swimming (not what was taught 20yrs ago).
- Highlight common misunderstandings, pitfalls and familiar faults.
- Utilise a holistic full body approach to enhance speed without increasing effort.
- Explore preferred breathing patterns, proper catch mechanics, feel for the water, generating propulsion.
- Examine common swimming related injuries and prevention to ensure longevity of the athlete.
- Learn open water strategies to prepare for racing.
- Discussion of training programs and development .





2) Filming and Video Analysis

- Extensive videoing of stroke above and below the water, seen from all angles.
- Review of individuals technique in high resolution on the big screen, utilising the latest computer software.
- Constructive critiqued, comparisons with elite athletes and real life examples.
- Discussion of what drills will suit each individual swimmer and why, an amazingly powerful process.
- Empower swimmer take a proactive step in analysing what needs to be done to improve specifically to enhance, develop and make the stroke more efficient.
- Q&A to answer the most technical aspects causes of past frustration.



3) Pool Based Practical Session

- A review of common drills, performing them correctly with focus that address each swimmers specifically.
- Technique development and Intervention based on each swimmers video analysis.
- A Mini-Squad Session that aims to teach the swimmers how to implement our unique teaching methods into their regular training session and how to maintain good form when the going gets tough.
- Instant feedback throughout the pool session to all swimmers in this small group environment.

