



Swim Analytics with Chloe Harris

05 - 07 August 2022



What you need to know

This course is designed to explore and breakdown the finer details of swimming in a small, intimate group setting. We will work with you to personalize the course directly to your needs and help you excel in your swimming.

Swim analytics will drill into the most efficient freestyle stroke for you based primarily on your physiology and taking into account previous injuries, mobility, and also help you identify limitations. This is the platform from which we will take that next step in increasing your performance.

During this course we will cover:

- In-depth Video Analysis
- A theory breakdown of the freestyle stroke
- Mobility & active testing – discovering your baseline
- Swim specific stretches & exercises
- 3x swim technique sessions based directly on the learnings from your swimming videos

We'll answer some of the most common questions:

- What are some easy wins I can make for my swim stroke?
- How do you become a more efficient swimmer?
- What can you do to support your swim training?

Join Coach Chloe to discover the answers to these questions, and more. If you have any questions about this camp, please email Chloe direct: swimcoach@fitandabel.com

Pool Temperature

The pool temperature will be approx. 26-27 degrees.

How to book

Pre-Booking is essential. You can book now: [Click here](#)

Cost: \$495

This covers:

- Access to the RealSwim Centre, pool, flume and classroom
- Full video analysis, you will receive a copy of your video post course
- Mobility and dryland testing
- Theory clinics covering the essentials of swimming technique
- 2 x lunches at Abelfields
- Specialist clinic planning, delivery and safety for two and a half days
- An experienced swim coach with a wealth of knowledge

Secure your spot now with a non-refundable \$125 deposit. Accommodation, transport & other meals not included.

Schedule

Friday

5:00pm: Meet and greet at RealSwim Centre (RSC), Kaiapoi.

5:15pm: Swim filming session 1

6:15pm: Workshop – introduction to the essentials of swim technique

Saturday

9:30am: Swim filming analysis

11am: Swim technique in the RealSwim pool

12:00pm: Lunch provided by FitandAbel

1:30pm: Dryland session covering mobility and dryland testing

2:30pm Stretching session

3:15pm Swim technique in the RealSwim pool

Sunday

9:30am: Swim technique in the RealSwim pool

12:00pm: Lunch provided by FitandAbel

1:30pm: Swim filming session 2

2:30pm: Final video analysis review

3:30pm Weekend wrap up, final Q&A



info@fitandabel.com