



Swim Analytics 28 - 30 July 2023



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

Pool Temperature

The pool temperature will be approx. 27 degrees.

How to book

Pre-Booking is essential. You can book via the following link:
<https://goteamup.com/p/403516-fit-and-abel-nz-ltd/courses/80671/>

Cost: \$595

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
- 2x lunches at Abelfields
- Specialist clinic planning, delivery and safety for two and a half days
- An experienced team with a wealth of knowledge

Secure your spot now with a non-refundable deposit \$148.75.
Accommodation, transport & other meals not included.

Schedule

Friday

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

5:30pm: Group 1: Swim filming
Group 2: Workshop – building blocks required for change

6.15pm: Group 2: Swim filming
Group 1: Workshop – building blocks required for change

Saturday

9:30am: A theory breakdown of the freestyle stroke

10.15am: Swim filming analysis: reviewing videos filmed the previous evening

11:30am: Practical swim demo provided by one of our coaches in the RealSwim pool

12:30pm: Lunch provided by FitandAbel

1:30pm: Stretching session

2:30pm

Group 1: Swim technique in the RealSwim pool
Group 2: Workshop - mobility & swim technique consolidation

3:15pm:

Group 2: Swim technique in the RealSwim pool
Group 1: Workshop - mobility & swim technique consolidation

5:15pm: Optional dinner at Le Soleil in Kaiapoi (pay your own way)

Sunday

9:30am:

Group 1: Swim technique in the RealSwim pool
Group 2: workshop catered to the group

10:30am:

Group 2: Swim technique in the RealSwim pool
Group 1: workshop catered to the group

12:00pm: Lunch provided by FitandAbel

1:30pm: Filming session

2:30pm: Final video analysis review

3:30pm Course complete



info@fitandabel.com