



Swim Analytics 26 - 28 July 2024



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 with the group
- 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/90748/>

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 Evening

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

Group 1: Swim filming.
Group 2: Workshop – building blocks and the learning loop required for change.

Group 2: Swim filming.
Group 1: Workshop – as above.

Saturday

* A theory breakdown of the freestyle stroke.
We introduce our simple to understand freestyle framework which provides structure around building your new stroke.

* Swim filming analysis: reviewing videos filmed the previous evening.

* Practical demo of the tool's you'll be using to develop your work on's in the freestyle stroke.

LUNCH provided by FitandAbel

* Stretching session

* Learning how to use the tool(s) specific to your swim needs

Evening

Optional dinner at local Kaiapoi restaurant (pay your own way)

Sunday

* Framework and tool consolidation

LUNCH provided by FitandAbel

* Tool video session for future analysis.

* Course wrap up

Mid-afternoon Course complete



info@fitandabel.com