

## **T3Performance**

### **Swim Clinic 28<sup>th</sup> October 2017**



#### **OVERVIEW**

The swim clinic is aimed at giving swimmers the tools to improve and to make changes to their freestyle stroke. To do this it is important for swimmers to start to understand technique and how technical swim drills can be applied to their swim programme for optimal benefit.

Its aim is to enable everyone to:-

- Understand the basics of freestyle technique
- Gain an appreciation of swimming drills and how to apply them to different aspects of the stroke
- Acquire the tools to facilitate the process of swim improvement
- Leave with the knowledge that will help in making your swim sessions more effective and enjoyable

The clinic is open to all levels of swimmer provided that they can manage at least 2-4 lengths of “ugly” freestyle! The swimming in the clinic is technically based and we never swim more than 2 lengths at a time – it is not swim training but is all about drills and skills.

Every swimmer will have the opportunity to be videoed and be able to see their underwater technique during the final classroom session of the day!

As this clinic is the last of the spring we will try and bring in some race elements of open water swimming into the programme to make it relevant to the time of year

Finally this will be a small clinic with a maximum of 10 to 12 slots; so it will be personal and relaxed!

#### **CLINIC SCHEDULE**

The swim clinic will be on a 3<sup>rd</sup> June 2017 starting at 1pm and closing around 5:15pm. The outline schedule is:-

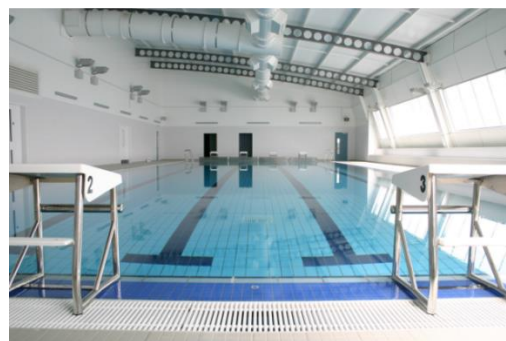
**12:45 Registration**

**13:00 Swimming Faster - Overview**

**14:00 Drills and Skills Swim Session (Pool)**

**16:00 Implementing Improvement/ Video Review**

**17:15 Session Close**



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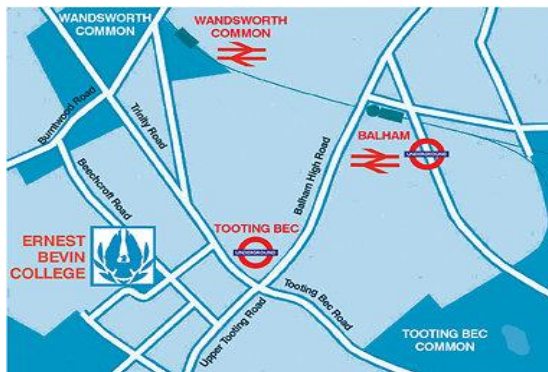
*“Practice makes permanent not perfect, but perfect practice makes perfect permanence”*

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### LOCATION



**Ernest Bevin College** is the venue of the swim clinic and the pool used on Wednesday nights for the Clapham Chasers' swim sessions.

Ernest Bevin is between Wandsworth and Tooting in SW London. The college has a superb and modern 25m four lane pool and lecture facilities!

Ernest Bevin College is located at: *Beechcroft Road, Tooting, London, SW17 7DF*

### BOOKING/ COSTS/ WHAT'S INCLUDED

Please complete and return a booking form which can be requested via email [info@t3performance.co.uk](mailto:info@t3performance.co.uk)

If we confirm there is still space available we will then request a payment in order to confirm your place. **The cost of the swim clinic is £65**

Included in the swim clinic fee is:

- Extensive technical pack of coaching notes
- Schedule of video links of drills in order to assist you in understanding different aspect of the stroke
- Sample swim sets to use as templates to develop your own swim sessions

### SWIM VIDEO & ANALYSIS OPTIONS

As part of the clinic we aim to take short clips of everyone during the clinic so swimmers can see a snapshot of how they look and hopefully learn from the visualization.

However we know that some swimmers may want to have a fuller video review and a swim analysis. So we can offer the option of taking additional footage of around 6 swimmers for the purposes of a post clinic swim analysis on DVD.

The DVD will contain all the footage and highlight key areas of improvement for the swimmer. **The cost of the additional full swim analysis is £45** and is on a first come first served basis bookable and payable in advance.

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### **QUESTIONS & ANSWERS**

#### **What is the swim clinic about?**

It is a swim technique clinic and is aimed specifically at triathletes and open water swimmers who want to develop and improve their freestyle or just do their first triathlon without drowning!

#### **What will I gain from the clinic?**

The clinic mixes theory and practical sessions in order to provide a platform for you to go away and structure your swim training more effectively; armed with not only a sound knowledge of areas that need work but also how and for what reason you are working on them!

#### **What exactly does the clinic cover?**

The swim clinic will cover areas such as improving balance, reducing drag, better breathing and getting more grip with your stroke.

We explain the “golden rules” of swimming, swim platform and stroke mechanics. The key objectives are to improve your understanding of technique for you to train with improved knowledge and a structure and therefore make the most from your swim training. Apart from “knowledge” we also aim for you to gain a new “feel” for the water in a way you may not have experienced before!

#### **How much of the clinic is in the pool?**

We have a two hour pool slot during which time we will look at your technique and explain corrective swim technique. You will not be swimming all of this time - so don't worry! The swimming is “light” and is usually only one or two lengths at a time. It is based around drills and skills.

#### **What levels of ability is it aimed at?**

All levels are welcomed - the format of the clinic is technique based and is not a training session! We have four lanes to enable us to cope with all levels of swimmer. In addition the session format allows us to coach a mix of abilities. We never swim more than a couple of lengths at a time as we are working on technique so it is not physically demanding in that way.

#### **Do you video everyone?**

We aim to take short clips of everyone during the clinic so swimmers can see a snapshot of how they look! If swimmers want to have fuller video and swim analysis there are options for this for around 6 or so swimmers with a post clinic DVD (to be booked prior).

#### **Will I get reference materials or sessions and drills to practice?**

Yes there will be specific further information and technical swim packs for everyone mailed after the clinic which also includes around 60-70 YouTube links directing you towards key drills and reference information.

#### **Can I have a full video swim analysis?**

Yes - We have the capacity to take additional footage of around 6 swimmers for the purposes of a post clinic analysis on DVD. The DVD will contain all the footage and highlight key areas of improvement for the swimmer. The cost of the additional full swim analysis is £45 and is on a first come first served basis.

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#### **ABOUT T3Performance**

**T3Performance** is based in West London; offers swim coaching for triathlon as well as bespoke triathlon coaching for all levels of ability - from novice through to international age group triathletes.

Founded by Andrew Potter, we have been helping triathletes for over 15 years with clinics and individual swim coaching. Although our main activity is swimming based we draw on our many years of experience from racing all triathlon distances, including the ultimate challenge of Ironman Triathlon and can offer personal advice on how to train and reach your goals in an effective way no matter what the event!

#### **COACHING**

There will be a number of coaches; the individuals will be confirmed prior to the clinic subject to swimmer numbers.

**Head Coach / Andrew Potter** - Andrew is a Swim and Triathlon Coach (BTA L2) with over 15 years experienced. He is a specialist in teaching swim technique and open water skills to master's swimmers and has in the past been a regular feature writer for 220 Tri magazine on swimming. He has been a triathlete since 1989 and has raced over 200 triathlons around the world including many Ironman triathlons. He has competed at the "Ironman" World Champs, Hawaii three times as well as representing GBR at the ITU World Triathlon Age Group Championships. (Andrew also coaches the Clapham Chasers' Wednesday swim session).

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