

## **Total Immersion Effortless Endurance / Smart Speed March 28-29, 2020 Atlanta, GA**

Location: Sheffield Pool, Mercer University, 3001 Mercer University Dr, Atlanta, GA 30341

Effortless Endurance: Learn the core TI stroke mechanics that have transformed thousands. Effortless Endurance sets the table for efficient swimming by developing proper alignment, balance and stroke timing. This builds a reliable foundation upon which we add core rotation, proper limb orientation/coordination, and breathing skills. Our carefully planned learning sequences ensure you'll make near-instant progress during the class. In only one day we guarantee you'll walk out a better, smarter swimmer. As with all of our courses, the coaches are in the water with you providing hands on help and instant feedback.

Expert Skills: Expert Skills refines the mechanics learned on Saturday with clear practice strategies to consolidate the various stroke components into effective wholestroke swimming. Learn to structure your pool sessions and build efficiency-reinforcing focal points into each lap, making every practice an investment in skill acquisition, endurance and speed. We'll dive into the metrics of tempo and stroke length to teach you how to generate and sustain velocity. Expert Skills is the perfect follow up to Effortless Endurance and offers an exciting new curriculum for TI alums to further enhance their skills and performance.

Tuition: Effortless Endurance (\$295); Expert Skills (\$295); Full Weekend (\$495)

Registration: Link: <http://strokedocswim.com/index.php?page=events>

Contact: TI Master Coach Gary Fahey at: 954-629-7724 / [gary@strokedocswim.com](mailto:gary@strokedocswim.com)

### Saturday: Effortless Endurance

10:00 - 11:00 Classroom

11:00 - 1:00 Pool Session 1 / Videotape

1:00 - 2:30 Classroom / Lunch (please bring a lunch) & Video analysis

2:30 - 4:00 Pool / Videotape

4:00 - 5:00 Classroom / Video Review

### Sunday: Smart Speed

9:00 - 10:00 Classroom

10:00 - 12:00 Pool Session 1 / Training w Focal Points & Tempo Trainers

12:00 - 1:30 Classroom / Video Analysis / Lunch

1:30 - 3:15 Pool Session 2 / Swimming Metrics

3:15 - 4:00: Classroom / Video Review / Wrap Up

For the classroom: Pad and pen / device for note taking. All video files shot during the class will be uploaded to DropBox and available for viewing/download. Please pack lunch for Saturday and Sunday. There is a limited selection of snacks and beverages in vending machines. Bagels and coffee provided.

For the pool: This is an indoor pool. Please bring swim suit, goggles, towel. We recommend male students wear close-fitting swim suits rather than heavy, bulky attire.

Directions: For maps/detailed directions please enter the following address into your vehicle's navigation system: 3001 Mercer University Dr, Atlanta, GA 30341. We will email you a campus map to help you locate the pool.

Accommodations: Please contact Gary Fahey at [gary@strokedocswim.com](mailto:gary@strokedocswim.com) for suggestions on hotel accommodation.

Transfer / Cancellation Policy: If a request to transfer is received 8 days or more prior to the workshop, a \$100.00 transfer fee per person will be applied to a future workshop, and tuition fee will be applied to that workshop. NO REFUND will be issued for cancellations LESS THAN 8 days prior to the scheduled workshop unless a doctor's note can be provided. For cancellations at least 8 days prior to the scheduled workshop, participants have the option of transferring to another workshop (\$100.00 transfer fee) or a 50% refund (\$250). Please contact Gary Fahey directly to discuss details and options.