

Total Immersion New Orleans: Effortless Endurance & Smart Speed I November 16-17, 2019

Location: Lakefront Arena Aquatic Center, 6801 Franklin Avenue, New Orleans, LA 70122

Saturday: Effortless Endurance: Learn the core TI stroke mechanics that have transformed thousands. Effortless Endurance sets the table for efficient swimming by developing proper alignment and balance. This builds a reliable foundation to add core rotation, proper limb orientation and breathing skills. Our thoughtfully planned sequences ensure you'll make rapid progress. You'll walk out a better, smarter swimmer. Coaches are in the water with you to provide hands on help and instant feedback.

Sunday: Smart Speed: We refine the mechanics learned on Saturday with clear practice strategies to consolidate the various stroke components into effective whole stroke swimming. Learn to structure your pool sessions and build efficiency-reinforcing focal points into each lap. Every practice becomes 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.

Video Sharing: All student video will be shared via the online storage service DropBox. File size is managed to ensure total capacity fits within the complimentary DropBox membership limitations.

Tuition: Full weekend: \$495; Saturday or Sunday only \$295

Payment type: Online payment, credit card, personal check

Registration: Contact TI Master Coach Gary Fahey at: 954-629-7724 / gary@strokedocswim.com or register online at: <http://strokedocswim.com/index.php?page=events>

Saturday Schedule:

10-11 AM: Classroom

11 AM-1 PM: Pool session 1

1-2:30 PM: Classroom / Lunch / Video analysis

2:30-4 PM: Pool session 2

4-5 PM: Classroom / Video analysis

Sunday Schedule:

10-10:30 AM: Classroom

10:30 AM-12:30 PM: Pool session 3

12:30-2 PM: Classroom / Lunch / Video analysis

2-4 PM: Pool session 4

4-5 PM: Classroom

Classroom: Pad and pen for note taking.

Pool Attire / Equipment: Please bring swimsuit, goggles and towel. We may be indoors or outdoors, so plan for full sun exposure.(sun block, UV protection swim wear.)

Meals: We will break for lunch both days. There are several fast and affordable food options directly across from Lakefront Arena..

Directions: For detailed directions, please enter the following address into an internet search engine or navigation system: Lakefront Arena Aquatic Center, 6801 Franklin Avenue, New Orleans, LA 70122

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).