

## **Total Immersion Effortless Endurance / Smart Speed March 30-31, 2019 Atlanta, GA**

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

**Description: 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 in the water. 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 video feedback.

**Description: Expert Skills** Expert Skills refines 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, 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.

**Save on \$95 on when you register for both classes!**

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

**Payment type: Online, credit card or personal check**

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

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

**Schedule: Subject to minor revision**

### 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

### **WHAT TO BRING:**

**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. Pack a lunch for Saturday.**

**For the pool:** This is an indoor pool. Please bring swim suit, goggles, towel. We recommend that male students wear a Speedo-type brief or close-fitting triathlon swim shorts, rather than loose-fitting swim trunks, which can make balance even more of a challenge. 'Kicking challenged' swimmers may find fins helpful in

achieving easy movement during the first water session.

**DIRECTIONS:** For maps/detailed directions please enter the following address into your vehicle's navigation system: **3001 Mercer University Dr, Atlanta, GA 30341**. We can also 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.