

Total Immersion Effortless Endurance / Smart Speed

May 5-6, 2018 Cleveland State University, Cleveland, Ohio

Location: Robert F. Busbey Natatorium, Cleveland State University, 245 I Euclid Avenue, Cleveland, OH 44115.

May 5: 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/movements, and breathing skills. Our carefully planned learning sequences ensure you'll make near-instant progress. 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 video feedback.

May 6: Smart Speed: Smart Speed 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 every 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. Smart Speed is the perfect follow up to Effortless Endurance. It is strongly recommended students attend both classes in the same weekend.

Save \$95 when you register for both classes!

Tuition: Effortless Endurance (\$295); Smart Speed (\$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

Saturday May 5:

9:00am – 10:45am Classroom

11:00am – 12:45pm Instructional Pool

1:00pm – 2:30pm Classroom

2:45pm – 4:30pm Instructional Pool

Sunday, May 6:

9:00am – 10:00am Classroom

10:15am – 12:15pm Instructional Pool

12:30pm – 2:30pm Classroom

2:45pm – 4:15pm Instructional Pool

4:30pm – 5:00pm Classroom

WHAT TO BRING:

For the classroom: Device / pad for note taking. All video files shot during the class will be uploaded to DropBox and available to view/download. Please pack a lunch for Saturday & Sunday. Registered swimmers will receive updated information for food options, which may include complimentary lunch on Sunday.

For the pool: This is an indoor pool. Please bring a swimsuit (and spare if you want to change into a dry suit for each pool session), towel, swim cap. We will not use fins, pull buoys, kickboard, hand paddles, so feel free to leave these tools at home. We will use Finis Tempo Trainers during the course. You may bring your own or use one of our demo models. We recommend male students wear a Speedo-type brief or close-fitting triathlon or swim shorts.

Directions: Please enter the following address into your vehicle's navigation system: 245 I Euclid Avenue, Cleveland, OH 44115. Registered students will receive a campus map, parking and entry instructions.

Accommodations: Please contact Gary Fahey at gary@strokedocswim.com for suggestions on hotel accommodation.

Transfer/Cancellation: 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.