

## **Total Immersion Freestyle Weekend Workshop June 9-10 2018 St. Petersburg, FL**

**Location:** North Shore Pool, 901 N. Shore Drive, St. Petersburg, FL 33701

**Saturday, June 10: 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 and movements, and breathing skills. Our carefully planned sequences ensure you'll make near-instant progress during the class. In 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.

**Sunday, June 11: Expert Skills:** 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 so 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. Expert Skills is the perfect complement to Effortless Endurance.

**Video Sharing:** All videos shot and analyzed 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; Single Day \$295

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

**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 Schedule:**

8:30 - 9:30 Classroom

9:30 - 11:00 Pool / Videotape

11:00 - 1:00 Classroom / Lunch (please bring a lunch) & Video analysis

1:00 - 3:00 Pool / Videotape

3:00 - 4:00 Classroom / Video Review

### **Sunday Schedule:**

8:00 - 10:00 AM: 3rd Swim session / videotape

10:00 - 12:00 Classroom / video analysis catered brunch on deck

12:00 - 2:00 4th Swim session

2:00 - 3:00 Video Analysis / Wrap-up on deck

**Classroom:** Pad and pen for note taking. Please pack a lunch for Saturday. Sunday meal is catered. Full sized refrigerator is available to store food items. Beverages are available for purchase on premises.

**Pool attire/equipment:** This is an outdoor pool with an early start to avoid afternoon thunderstorms. Please bring swimsuit, goggles and towel and plan for full sun exposure (sun block/UV swim wear/hat or visor/sunglasses). We recommend male students wear a Speedo-type brief or close-fitting triathlon swim shorts. 'Kicking challenged' swimmers may find fins helpful in achieving easy movement during the first water session. Some swimmers find nose clips helpful. We use Finis Tempo Trainers both days, and will have emo models for your use and unopened models available for purchase. Please bring yours if you own one.

**Directions:** Please enter the following address into a search engine for your vehicle's navigation system: North Shore Pool, 901 North Shore Drive NE, St. Petersburg, FL 33701 (727-893-9689).

**Accommodations:** [Marriott Vinoy Park Resort and Hotel](#), 501 5th Avenue, St. Petersburg, Florida 33701 (727-894-1000), on the water within walking distance of the North Shore Pool. Also: Dickens House Bed & Breakfast ([www.dickenshouse.com](http://www.dickenshouse.com)), also within walking distance. Please contact Gary Fahey for additional recommendations.

**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.