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## VIDEO ANALYSIS FREESTYLE STROKE CLINIC

When: Sunday 3rd March 2024 Time: 1-3pm

Venue: The Swimming Academy, Bromsgrove School, Worcester Road, Bromsgrove, Worcestershire B61 7DU

Swimwerkx is the specialist swim arm of the Lovetri Swimwerkx coaching and racing team

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### Mastering Front Crawl Clinic

We don't believe that you need more than an hour to completely improve your style and technique with our unique hands on in-the-water approach and video analysis.

On average someone swimming 1:40 to 2mins per 100 will leave our sessions able to complete short distances in fewer strokes, for less effort and faster. Making the changes permanent takes longer and happens over your next few pool visits at your local pool or swim / tri club. For over 20 years we've educated swimmers from all over the world to maximise their freestyle swim talents no matter their ability

Option A (Maximum 6 swimmers) (2 lanes)  
1-2pm **£99**

Q&A, land demo, followed by immediate wide angle HD camera recording of swim stroke. Above, underneath, side-on and front.

45min in-pool coaching working individually or in twos with two coaches, we take you through the Swimwerkx protocols and process.

This allows you to truly experience what 'feel for the water' is in an immersive and dynamic environment. You go at your pace guided by your coaches.

We don't tell, we shape your stroke and

prefer that you come to your own changes and improvements within a structure we provide.

Full post session swim analysis with commentary, detailed report, swim issue impacts, suggested improvements and full set of swim drills.

£15 discount for any 1-1 open water or lake coached sessions with Cold Water Immersion and Open Water Coach Juliet at a local to Worcester venue.

You're able to swim up to 2000m overall 400-600 freestyle in one go, you won't swim more than 100m at any time during this session.

Option B (Maximum 16 swimmers, 6 lanes)

2-3pm

£69

Q&A, land demo, followed by immediate wide angle HD camera recording of swim stroke. Above, underneath, side-on and front.

20 min free swim putting into action changes prompted by our instant feedback model. Use any equipment you bring.

30 min optional group open water skills including drafting, turning, sighting and tactics. Fun relay race if time and numbers allow.

Full post session swim analysis with commentary, detailed report, swim issue impacts, suggested improvements and full set of swim drills.

£15 discount for any 1-1 open water or lake coached sessions with Cold Water Immersion and Open Water Coach Juliet at a local to Worcester venue.

You'll be able to swim confidently 200-400m freestyle in one go.

You won't swim more than 100m at any time during this session.

As our clinics run for 2hrs, you are most welcome to make full use of the facilities we have hired (including, pool, spectator seating, showers and changing room) when your allocated time is over, but we must be out of the building by 15-30pm.

Interested? for more information or to book contact Juliet Wallace Mason on 07919 185872 or drop her a line on [jwallacemason@gmail.com](mailto:jwallacemason@gmail.com)

Places are limited to ensure quality

Payment will be in full to:

Paul Gardner Lovetri Ltd | Lloyds Bank SORT **30 90 89** ACCT **26165968** Ref **your name**