

Swim Smooth Clinic 2007 Day Clinic Schedule

Time	Dur.	Details
07:30	30'	Swim Smooth Arrival and Set-up
08:00	15'	Arrival of Swim Smooth Participants for Registration. Please make sure you have your final method of payment available to settle your bill before commencing the Clinic.
08:15	45'	Practical Session # 1: Preliminary Video Analysis Review - Analysis & Review of Your Stroke with Sample Drills to Help you Improve. Participants will be divided into three groups of four people and asked to swim 'continuously' for 10 mins whilst being videoed above and below the water using the SharkEYE system. The eight swimmers on the side of the pool will be asked to simply observe the swimmer's strokes and asked to note down their comments for later discussion (no prior knowledge of correct freestyle is required, simply observation). Swimmers will rotate on a 10-minute cycle until all three groups have been filmed. Please have some warm clothing / towel with you.
09:00	15'	Participants to Change and head back up to the Classroom.
09:15	30'	Introduction to the Swim Smooth Clinic and the clinic's outline.
09:45	5'	Visualization Video with Bill Kirby , Sydney Olympic Gold Medallist in the 4 x 200 f/s team event (Thorpe, Hackett, Klim & Kirby).
09:50	55'	Theory Session # 1 - Improving Your General Swimming Efficiency. A complete breakdown and analysis of the freestyle stroke detailing main component parts and how they relate to each other. Each section will feature reference video clips of how to, and how not to swim more efficiently. Some of the morning's video clips will also be incorporated for "live" and active discussion about your stroke. The session will conclude with a viewing of this morning's video of each swimmer and subsequent analysis.
10:45	15'	Morning Tea Break - Swim Smooth will provide refreshments.
11:00	30'	Theory Session # 2 - Injury Prevention & Training Program Development. An anatomical review of the shoulder joint and associated structures with a biomechanical analysis of the shoulder and advice on how to prevent and/or successfully rehabilitate shoulder injuries. Tips on developing a suitable training program.
11:30	15'	Theory Session # 3 - Flexibility and Functional Core Strength. How promoting range of motion and functional core strength can be beneficial for your daily training routine for swimming and for triathlon.
11:45	30'	Practical Session # 2 - Flexibility and Stretching. A brief outline of how to incorporate stretching as part of your regular swimming and triathlon training routine to aid performance. Practical will involve participants running through a series of progressive stretches which they can then refer back to the Stretch Info Sheet.
12:15	15'	Practical Session # 3 - Introduction to Core Stability for Triathletes & Swimmers. A brief explanation and practice session of the importance of developing a strong core (abdominals, glutes and back) for performance.
12:30	30'	Lunch Break - a chance to grab a light bite to eat. All participants to bring their own packed lunch or have provisions to purchase some food from the centre.
13:00	30'	Theory Session # 3 - Increasing Your Propulsion. A detailed look at the historical practices commonly associated with improving your catch & pull phase and guidance on how to improve your pull & swim power (featuring the Wetronome Pacing Device).
13:30	15'	Participants to Change for the Pool Practical Session.
13:45	50'	Practical Session # 4 - Drill Technique Session Incorporating Ideas from the Morning's Seminars. Swimmers will be asked back into the water and divided into ability groups (not necessarily the same groups as the morning's video session). Swimmers will be taken through a series of freestyle technique drills to aid efficiency, focusing primarily on Leg Kick, Body Roll and Propulsion. NB. Every swimmer will need a pair of flippers.
14:35	40'	Practical Session # 5 - Second Video Analysis Review. Participants will be divided into same three groups of four people (from the morning swim session) and asked to swim 'continuously' for 10 mins whilst being videoed above and below the water using the SharkEYE system. The eight swimmers on the side of the pool will be asked to observe the swimmer's strokes based upon what they have learnt from the morning session and asked to write down their comments for later review. Swimmers will rotate on a 10-minute cycle until all three groups have been filmed. Please have some warm clothing / towel with you.
15:15	10'	Participants to Change and head back up to the Classroom.
15:30	15'	Afternoon Tea Break - Swim Smooth will provide refreshments.
15:45	45'	Review & Analysis of Video Session with Group Interactive Discussion. Once back into the classroom, we will run through the various video clips from the second video session and re-iterate the points presented during the session. From the Participant Feedback Forms, we will jot down a few more pointers to help you along the way.
16:30	30'	Theory Session # 4 - Specific Open Water Skills. Participants will be provided with a detailed explanation of efficient open water swim skills and shown how pool swimming and open water swimming vary (at times) quite dramatically.
17:00	30'	Clinic Summary and Chance for any Further Questions. During the Summary Section, participants will be advised on their best course of action for a successful winter swim training program.

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17:30	Close. Opportunity to purchase Swim Smooth DVD Box Set and Wetronome Pacing Device - all participants are entitled to the Combo Discounted Rate of for both items. Participants may also enquire about the Swim Smooth One-2-One Video Analysis and Stroke Correction Sessions available to them. All information for these products is available at www.swimsmooth.com .
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