

# Breakwater Sports

## Video Swimming Improvement Program

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Coach Bill Steele 978-290-1445

www.breakwatersportstraining.com

### Program Goals

The goal is to identify and address one or more issues with your stroke. During the first session a set of video clips will be captured. Each person's clips will be uploaded to a website and voice over comments and illustrations will be added. During the next four weeks workouts will be designed to focus on each swimmer's issues, and during the last session another set of videos will be captured. Shortly after that last session you will be able to access the second set of videos to assess progress (and perhaps identify your next set of issues).

### Attendance

It is important to attend the first and last sessions, during which the initial and final videos are captured. Missing one of the "middle" lessons is less critical.

Regarding missed lessons, we cannot schedule individual make-up sessions, and we cannot pro-rate the tuition.

### Practice Sessions

When addressing technique issues, you need to mix drills and swimming, focusing intensely on the movements that you are trying to change. Almost everybody drills too fast – and as a result, swims too slow. In our group practice sessions we will work on how to perform the specific drills that should produce the desired changes.

### Required Equipment

Goggles and a snug-fitting one-piece bathing suit are required for all programs. Swim fins are optional but highly recommended. I recommend Aqua Sphere Alpha Fins (which float and help to keep your feet near the surface), or Blue Zoomers (~~not Red Zoomers~~). Required and optional pool tools are described on the following page:

<http://www.breakwatersportstraining.com/equipment.html>

And online sources for equipment can be found on the following page:

<http://www.breakwatersportstraining.com/resources.html>

### Weather Cancellations Policy

At the first lesson, please check your contact information (phone number and email address) that was provided to Breakwater Sports on the program roster. In the event of a cancellation due to inclement weather or a pool problem, we will make every effort to notify everybody as soon as the situation is known, by sending an email and calling the phone numbers (if available) listed on the roster. If a lesson is cancelled, the program will be extended by one lesson – usually this means just adding a week to the program.

### Lesson Plans Online

Lesson plans are available online from the webpage below. Note that these are constantly under revision:

<http://www.breakwatersportstraining.com/handouts.html>

### Questions?

Call or send e-mail to Coach Bill: 978-290-1445

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