

Freestyle Weekend Workshop September 18-19, 2010

Orlando, Florida

Location: Trinity Preparatory School, 700 Trinity Prep Lane, Winter Park, FL 32792 (321) 282-2558

Description: Classic TI 2-day weekend workshop, emphasizing core swimming drills to develop sound swimming mechanics on Saturday, with whole stroke integration and practice guidance on Sunday.

Coaches: TI Coaches Gary Fahey and Andy Heinrich: Gary is a 13-year TI veteran who teaches swimming full-time through his company Stroke Doctor Swimming in Fort Lauderdale, FL; Andy owns Sharks and Minnows Swim Schools, providing the best in learn-to-swim at over 20 locations throughout Florida.

Tuition: \$495

Payment type: Credit Card or personal check

Registration: Contact TI Senior Coach Gary Fahey at: 954-629-7724 / gary@strokedocswim.com or register online at: <http://strokedocswim.com/index.php?page=events&id=39>

Schedule: Subject to minor revision

Saturday

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

9:30-11:00 Pool / Videotape

11:00 – 1:00 Classroom / Brunch (provided)

1:00 – 3:00 Pool / Drill Practice & Integration / Videotape

3:00 – 4:00 Classroom / Video Analysis

What to Bring:

For the classroom: Pad and pen for note taking. USB flash drive (2 G suggested) if you want copies of video footage shot during the workshop. Pack a lunch for Saturday.

For the pool: *This is an outdoor pool.* Please bring swim suit, goggles, towel, sunscreen and/or sunshirt (rash-guard type shirt). We recommend that male students wear a Speedo-type brief or close-fitting triathlon swim shorts, rather than loose-fitting swim trunks, which can make balance in the water a challenge. 'Kicking challenged' swimmers may find fins helpful in achieving easy movement during the first water session.

Directions: For detailed directions, please enter the following address into an internet search engine like Mapquest or Google Maps: Trinity Preparatory School, 700 Trinity Prep Lane, Winter Park, FL 32792

Accommodations: Courtyard Orlando East/UCF, 12000 Collegiate Way, Orlando, FL 32817 (407) 277-7676. Located 5.1 miles from Trinity Prep.

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.