



are excited to present ...

## **'Mastering Freestyle' Workshop with Brenton Ford**

Date: **Saturday, 6 July 2013**

Venue: **Lakeside Leisure Centre, Tuggeranong**

Time: **12.30-2.00pm or 3.00-4.30pm**

Cost: **\$50**

**Each session is limited to 16 swimmers.**

Spots will be provisionally allocated on a first reply basis, so email Anne Smyth (smyth52@bigpond.net.au) ASAP.

Spots will only be confirmed once payment has been made into the club bank account.

All abilities will be catered for - coaches will allocate session slots to endeavour to split into two levels.

**Contact Caroline Makin or Anne Smyth if you have any questions!**

### **What is it?**

- *A freestyle technique workshop where you get the fastest result in the shortest amount of time.*
- *You'll be in the pool going through drills and exercises to improve your swimming.*

### **What you will get out of it?**

- *How to swim faster while using less energy*
- *Technique tips for easier swimming*
- *Racing strategies for better results in competition*
- *Training ideas for increasing fitness and performance*

### **What will we cover?**

- *The 'Lowest Hanging Fruit' – How small changes to your stroke can increase your speed and save you energy*
- *Pacing To Perfection – Timing your race so that you start strong and finish strong*
- *Breathing Rhythm – Know when to use each breathing pattern in training and in racing*
- *'Holding' The Water – Pulling through with a good catch and really moving yourself through the water*
- *Using Your Rotation For Consistent Speed – Find the right balance with your rotation and swim with consistent speed*
- *The Power Position – The small change that lowers the chance of shoulder injury and increases your power*
- *The Three Types Of Freestyle – Discover which type of freestyle is best suited to you so you can make the most of your strengths*

### **About Brenton Ford**

**The Australian Masters Swimming Coach of the Year Award for 2012 was awarded to Brenton Ford from the Powerpoints club in Victoria.**

- Brenton manages a very diverse group of swimmers with a range of abilities and goals and has provided inclusive and successful coaching to all the swimmers within the club. He is well organized, runs great training sessions and has a very devoted team of swimmers.
- The level of swimmers in Brenton's squad varies from Master's world champions to swimmers who are new to the sport. There are three distinct groups in the squad. The first group consists of mostly swimmers aged 20-45 who are highly competitive in national and international competitions. The second group are swimmers who are highly competitive at a state level and some at a national level. The third group are swimmers who are primarily aged 40 or above and varies between world masters medallists to recreational swimmers.
- Powerpoints were well represented at the 2012 Nationals and they won the Founders and Visitors Trophy and a number of relay trophies.
- Brenton ran an inspiring clinic for the Victorian Master's coaches in September 2012, which was attended by a large group of MSV coaches. He covered seasonal planning, managing swimmers, technique and skills. Brenton also ran a clinic in December 2012, which covered freestyle technique and was attended by swimmers and coaches who were interested in developing and improving their skills.
- Brenton also conducted a general coaching session to assist coaches and swimmers in Launceston, Tasmania at the invitation of Masters Swimming Tasmania.