

SWIMMING FASTER FREESTYLE – WITH JAMES MAGNUSSEN & KURT HERZOG

Cost: \$3,000

Time: 3hrs

Target Audience: NSW based Swimming Clubs

Age Groups: 6yrs-12yrs OR 10yrs-Open

Numbers: 10 – 60. For bigger groups a third mentor will be brought in. The price, regardless of numbers, will remain the same.

Location: Lane space to be provided by host swimming club.

Outcomes: James & Kurt will teach the swimmers how to swim faster freestyle through the introduction of high level skills and drills learnt at the elite level. The swimmers will also learn how to maximise speed and power on their dives, turns and underwater.

Point of difference: The swimmers will be given live demonstrations of each skill, drill, dive, turn and fast freestyle by both James & Kurt. This access to watching, and then emulating, world class athletes is an unprecedented offering.

Structure:

- 20mins welcome and talk on James & Kurt background
(Growing Up)
(Swimming and school balance)
(Achievements)
(Why they love the sport)
- 30mins stretching and activation
(Why stretching and activation is important)
(Introduction to roller and trigger balls)
(Rotation and extension exercises to swim faster freestyle)
(Core, shoulder and glute activation)
- 90mins swim session
“How to swim faster freestyle”:
 1. Body and head position
 2. Kick
 3. Pull – catch position and recovery)
 4. Low, fast breath
 5. Race plan

Turns:

1. Approach to wall
2. Initiating the turn
3. Foot position and angle off the wall

Dives:

1. Using the kicker effectively
2. Body/head position when diving
3. Entry and transition to fly kick

Races to practise everything learned

- 20mins nutrition and mindset talk
(What to eat/drink before, during and after training)
(What to eat and when on race day)
(Importance of self belief and positivity)
(Why hard work and consistency are the keys to success)
- 20mins signing and photos
(Swimming cap to be provided by either Speedo or Arena)
(Any final questions from parents or swimmers can be answered at the end of the signings)