

**First International Swimming Camp, Boca Raton, Florida.**

Open Water Program. (Head Coach: Eney Jones)

St. Andrew Pool

August 14-17, 2013

Pool practices in the mornings will take place from 7-9am.

Optional afternoon sessions in the pool from 2-4pm will consist of dry land training from National Olympic Team Coach Lori Briggs, and videotaped swim analyses with National Coaches.

Evening practices will take place in the Ocean.

Session#1 **POSTURE/ALIGNMENT/STROKE**.

 The similarities you can take from the pool to the Ocean. Highlighting variations in stroke due to conditions. Addressing what works in the pool and what works in the ocean and WHEN. First the similarities in POSTURE/ALIGNMENT/ STROKE

DRILLS: DUKE/ ROCKS/LONG ANCHORING- for pool increase in tempo and holding line in the Ocean SPLIT TEMPO (tm), KAYAK DRILL.

Session #2

Practice Stroke Techniques in the Ocean with a review

 Session #3A **COMPOSURE and POISE**

How to Relax, Reboot, and Restore

Something will happen to you. You will get kicked, your goggles will fill up or come off, but you have choices. How to find them

DRILLS: DENSITY BREATHING/ WALTZ BREATHING/ RELAXATION TECHNIQUES. Learning to harness your horses.

#3B **ACCESS TO POWER** They will need fins and paddles

DRILLS: FIDDLE FADDLE/ 0-60/ MERMAID TURNS

Session# 4 Practice at the sea.

Session #5 Race Strategies/ Plan. How to incorporate all the information. Have a plan. attack your plan not the competitors. Use your brain, it comes into play in Open Water. Examples Alex Myers, Eva Fabian.

Session #6 In Open Water study weather tides and currents and tides. How would they come into play using today as a test if it were a real race.

Session #7 The Dichotomy. Putting it all together. What is a dichotomy. How do you remain Active/Relaxed, Long/Short, Strong and Gentle. Getting fitness behind form or technique you can't have one with out the other.

Session #8 Practice race/ Review/ questions and answers/ rewards for standouts

Register at [www.interswimcamp.com](http://www.interswimcamp.com).

If you are only interested in morning/evening practices or drop ins, please contact us.

Head Coach.

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