

# 2017 David Marsh/Team Elite Stroke Technique Camp Schedule

## **Time**                      **Friday-June 9th @Queens University of Charlotte 2201 Wellesley Ave. Charlotte, NC 28274**

- 8:00AM Team Elite practice-can come watch if in town
- 12:15PM Check in
- 12:30PM Talk from Queens University of Charlotte Head Coach Jeff Dugdale about swimming in college
- 1:30PM Session 1 starts-freestyle, backstroke, long axis turns
- 4:30PM Session 1 ends
- 4:45PM Session 1 debrief with coach Marsh for coaches that attended

## **Time**    **Saturday-June 10th @Queens University of Charlotte**

- 9:15AM Check in
- 9:30AM Watch last 30 minutes of Team Elite Practice
- 10:00AM Inspirational message from Olympians/National Team Members
- 10:30AM Talk with Dr. Amy Knab about nutrition and its effects on performance
- 11:15AM Session 2 Starts-butterfly, short axis turns
- 1:00PM Lunch (provided)
- 2:00PM Team games at park
- 4:00PM Session 3 starts-breaststroke, short axis turns
- 5:45PM Session 3 ends
- 6:00PM Session 2&3 debrief with coach Marsh for coaches that attended

## **Time**    **Sunday-June 11th @Queens University of Charlotte**

- 8:30AM Check in/optional devotion
- 9:00AM Dryland and activation
- 10:00PM Talk with Dr. Jason Batley Team Elite Performance Doctor about High Performance
- 10:45PM Session 4 starts-Team Elite challenge (How do your numbers measure up??)
- 1:00PM Session 4 ends
- 1:15PM Carry it forward message with coach Marsh

Video taping of all four strokes with Team Elite Coach Matthew Gearing is an additional \$80, analysis of the video is \$130. Video review includes four different camera angles with below and above water options, frame by frame and slow motion playback