

Bilston Swimming Club – Swim Swift Elite Consultancy Package Proposal.

Thank you so much for getting in touch, it's great to hear that you are interested in finding out more about our consultancy package.

The package is all focused around improving technique and therefore efficiency in the water, which in turn will increase speed. With Bilston Swimming Club having 53 swimmers that would look to take part in these visits, we could offer you the following package.

- Video Footage & filming – We would visit your club to capture the footage we need to take away and analyse. With 53 swimmers, we would likely need to complete 2 of these visits with each swimmer choosing one stroke to work on, and each visit being 2 hours in duration. We would require an end lane of the pool and to have a steady stream of swimmers ready to jump out of their session to be filmed. Once we have the video's, we will take them home to analyse, and will produce a sheet for each individual swimmer with their strengths & weaknesses on, area's to improve, and the drills that would work well for them. Once the pool session with that individual (as part of a small group) is completed, we will put their videos onto a Dropbox link, and send them via email for download so that they will have their own copy to go with the analysis sheet.
- Classroom session – We would look to work with a group of 8 -12 swimmers per week that would be split between Joe and myself. We would need an hour before the pool session (if we could have 15 minutes gap between the classroom and pool session for changing please, that would be great) to spend time with individuals talking over their analysis. There are two ways this could work, and it would be your choice as to which you feel would work best for your club and the swimmers involved. We could either spend around 10 minutes with each individual, or the hour with those 8-12 swimmers as one group (or split into 2 groups if working on different strokes). Coaches are welcome to be part of the sessions if they would like to, providing the swimmers are happy with that.
- Pool sessions – For each pool session, there could be between 8 & 12 swimmers taking part that week. If all are looking to focus on the same stroke for example, Joe and myself would work with the group together, needing 2 lanes on the same side of the pool (including an end lane). If the group was split between two strokes for example, we would take a group each, and need 2 end lanes, but at opposite sides of the pool. The session would ideally be 2 hours long, and during this session we focus on drills to help improve technique. Coaches are again welcome to be part of the session.
- Number of visits – For 53 swimmers, we would need 5 visits to make sure they have all been worked with in a small group scenario. There would also be the additional 2 visits to capture video footage.
- Costs – For the above package, we would charge £3000 plus travel expenses only for the initial 2 visits capturing video footage. We ask for 45p per mile for travel expenses, and would be travelling together.

£3000 Includes: 7 visits in total (5 of which are charged for – the initial 2 for the video footage are travel expenses only), video analysis, Individual analysis sheet with classroom session, Video footage Dropbox link, 2 hour small group session to look at areas to improve.

We would do the filming sessions for free, but do ask for our travel to be covered at a rate of £0.45 per mile.

We hope this has answered most of your questions. If you send us over your training schedule, we can take a look at available dates that we have. Is there a specific day of the week that you have in mind? If you would like to speak on the phone about any of this, please feel free to give us a call on 07815 021591.

We look forward to hearing from you.

All the best,

Amy & Joe – Swim Swift Elite