

## PRIVATE COACHING FORMAT & GUIDELINES

### **TORONTO PANAM SPORTS CENTRE**

TPASC is the facility of choice for **SAI Private Coaching**. While deemed to be more expensive than most pools we like the support facilities and the pool clarity. It is also the home of our video equipment, iMac & TV Video workstation.

Ideally, the best pool to use is the dive tank. It is a little warmer than the competition pool and provides superior water clarity to any pool in the country.

### **SESSIONS**

All sessions are between 1.5 and 2.5 hours. For the 12 & unders, sessions should be 1.5 to 2.0 hours. For 13 & over, adults and triathletes, the best session time is 2 to 2.5 hours.

Most sessions include a combination of above & underwater video, which is reviewed with the swimmer during the session. In post-production, videos are edited and uploaded to [www.sharperaquaticimage.ca](http://www.sharperaquaticimage.ca) and to YouTube. All online videos are private and unavailable to view by the public unless the user has the video link, which you will be supplied with.

We would encourage you to share the videos with family, friends and the swimmer's home club coach.

Frankly, analytics tell us that the best swimmers watch their own videos the most. Many videos have been watch 50, 60 or 70 times! While some videos may be viewed only a couple of times. It is a reflection of motivation, curiosity and a desire to find that “edge” to be a better swimmer.

## **SCHEDULING**

Due to the variety of programs and clubs using TPASC, it is currently not possible to provide a consistent timeline for pool rental availability. Sessions, however, typically take place on weekend afternoons and evenings. We connect with TPASC on a weekly basis for updates.

All bookings and timelines available are updated regularly at:  
<http://www.sharperaquaticimage.ca/private-swimming-coaching/>

## **SESSION FREQUENCY**

In terms of session frequency, we would recommend at least two sessions. The first session is a good introduction, and a great chance to see videos for the first time. The second session offers the chance to see if technique has improved. Swimmers are more relaxed and in terms of motor learning and skill development, the second session has a greater impact on acceptance to technical change. Further “technical tuneups” are recommended every 6-8 weeks.

For preparation of meets, it is recommended to have sessions 10-21 days in advance of the meet. We really do not want to introduce change to strokes within the final phase of meet preparations.

## **PRIVATE OR SEMI-PRIVATE**

Sessions with one or two or three swimmers have their own benefits. One-on-one sessions are non-stop swim and interaction with the coach which is excellent. For some, sustaining that kind of continuous stimuli can be a challenge too. These sessions will provide the greatest amount of coaching and video footage.

Sessions with two or three swimmers are excellent too. They tend to be more fun for the swimmers. These sessions still provide an incredible amount of feedback, but we have found that the competitive comparisons of strokes and techniques can also lead to a greater effort and also provide a wider range of skill learning.

Financially, sessions with two or three swimmers are less expensive as well. Coaching fees are reduced from \$60 to \$50/hour/swimmer. The pool cost of \$60/hour is shared 50/50% or 33/33/33% as well.



## SCHEDULE OF FEES

### One Swimmer:

	1.5 Hour Session	2.0 Hour Session	2.5 Hour Session
Coach Snow Fees: (Including Video & Post-Production) @ \$60/hour	\$90	\$120	\$150
TPASC Pool & Lifeguard Rental @ \$60/hour	\$90	\$120	\$150
<b>Fee/Swimmer/Session for One Swimmer</b>	<b>\$180</b>	<b>\$240</b>	<b>\$300</b>

### Two Swimmers:

	1.5 Hour Session	2.0 Hour Session	2.5 Hour Session
Coach Snow Fees: (Including Video & Post-Production) @ \$50/hour	\$75	\$100	\$125
TPASC Pool & Lifeguard Rental @ \$30/hour (Shared 2 ways)	\$45	\$60	\$75
<b>Fee/Swimmer/Session for Two Swimmers</b>	<b>\$120</b>	<b>\$160</b>	<b>\$200</b>

### Three Swimmers (maximum):

	1.5 Hour Session	2.0 Hour Session	2.5 Hour Session
Coach Snow Fees: (Including Video & Post-Production) @ \$50/hour	\$75	\$100	\$125
TPASC Pool & Lifeguard Rental @ \$20/hour (Shared 3 ways)	\$30	\$40	\$50
<b>Fee/Swimmer/Session for Three Swimmers</b>	<b>\$105</b>	<b>\$140</b>	<b>\$175</b>