

Sea swim workshop

Sea swimmer Michele Surcouf has been in touch with English open water swimmer Adam Walker, who will be in New Zealand during the summer.

Michele has been in touch with Adam Walker about a swim camp and here's what she has to say:

"Adam has come back with more details (including Skype follow-up), a proposed date, and costs.

I really recommend watching his videos and check out his style. It looks slow and easy, but in one video I watched of him swimming in an endless pool (<https://www.youtube.com/watch?v=8Qk8-id7xsk>), he's doing around 1:03 minutes/100mts! He also tells me that his stroke has saved his shoulders (after having 3 surgeries in the past).

Have a read of the following. If anyone is interested, please let me know. We'd need 10 people confirmed to make it happen.

Cheers, Michele

Adam writes: I have extended my normal 2 day camp to include an extra pool session so it is even more comprehensive!! Suggested date 9th & 10th January 2015.

Camp includes: Swim Camp - (criteria confident in open water) STROKE TECHNIQUE IN DEPTH VIDEO ANALYSIS POOL & SEA SESSIONS

My proposed agenda is:

Day 1 10am - 18.00pm

- **Group coaching with Adam**
- **3 pool swims (each filmed starting with your current stroke)**
- **5 stage process to the 'Ocean Walker' stroke**
- **Stroke technique (using Adams videos)**
- **Review and discuss video footage sessions**
- **Psychology techniques of competing and winning!!!**
- **Breathing**
- **Live demonstrations from Adam**
- **FREE OCEAN WALKER SWIM CAP!**

Day 2 - 10am - 16.00pm

- **1 sea swim (apply your new stroke technique)**
- **Introduce sighting**
- **Video analysis in open water**
- **Demonstrations from Adam in water**
- **1 final pool session**
- **Video analysis**
- **Review all footage from the 2 days and five session - see the difference in your stroke!**

Everyone will be sent a copy of their video analysis in the pool on top of the water and below the

water and their sea session.

I would need a pool plus venue with a room where I could present back and access to the sea ideally. If not we can make it a pool camp and I can adjust accordingly. (Could do it on the south island near Nelson)

The cost for the 2 days would need to be \$499 per person (equivalent £250 per person) to give me a chance of coming over with flights accommodation etc.

(So you know my one day camps are £180 so its a good offer.)

You can direct them to my you tube channel <https://www.youtube.com/user/adamwalker32>

Also for stroke videos:

<https://www.youtube.com/watch?v=MZiNsiOPEsM>

https://www.youtube.com/watch?v=NsatscMuH_A

Website to learn more about me www.adamwalkeroceans7.co.uk