

TRX Straps for Swimmers Team Clinics & Books



Clinic Purpose:

- Swimmers & Coaches learn WHY, specifically, the TRX gets results quickly and HOW the TRX translates into faster swimming
- Teach coaches & swimmers the importance of TRX Suspension Training for competitive swimming
- Teach athletes the importance of body-weight based functional training & why it's specifically appropriate for club athletes
- Demonstrate and emphasize core integration on each TRX movement
- Learn 20+ exercises & 5-10 flexibility/stretching exercises
- Coaches learn how to use the TRX as a TEACHING TOOL out of the water
- Coaches learn how to technically cue the swimmers through TRX exercises to ensure proper form & technique
- Athletes are excited to use a unique training modality which challenges their bodies in a new way

What is included in the TRX Straps for Swimmers Team Clinic?

- Private training session with unlimited number of coaches on staff. Coaches learn the in's & outs of the Swimming-Specific TRX exercises, learn to teach proper exercise form & technique, & learn to verbally cue the athletes during dryland sessions (~2-4 hrs for coaches)
- Team training session for hands-on TRX work where athletes learn the TRX for Swimmers exercises (~2-3 hrs)
- One Book & One Set of Circuit Cards:
TRX Straps for Swimmers waterproof book, **Introductory Version**
OR
TRX Straps for Swimmers waterproof book, **Stroke & Details**
TRX Straps for Swimmers Circuit Cards
(Laminated, 8.5x11Cards for team dryland circuits, 2-6 large color photos of each exercise per card)
- Follow-up Consultations via email to discuss Team Dryland Programming

Who currently uses the TRX?

Club, College & Pro Swimmers, Pro Triathletes, and many other professional athletes across the US and all over the world. (NBA, NFL, MLB, PGA, etc...)

What age should a swimmer be to use the TRX safely and effectively?

I recommend the TRX for swimmers ages 10 & up. Since it's your own body weight & gravity setting the resistance level, it's appropriate for all ages & abilities. Exercises are easily progressed & regressed based upon age & strength.

Clinic Pricing: Priced per athlete or Flat Team Fee, Call or Email for Pricing

Waterproof Books for Purchase Online:

TRX Straps for Swimmers, Introductory Version

TRX Straps for Swimmers, Strokes & Details

Team Use Price: \$189, Includes one set of Waterproof Circuit Cards

Individual Use Price: \$89, Includes one set of Waterproof Circuit Cards