

Bellingham Triathlon Club

A grassroots triathlon and multisport club

Swim-Tek offers videotaping, stroke analysis

Membership Benefits:

- **Runningshoes.com** offers a 15% discount on purchases at their store.
- **Fitness Alliance** offers Free hour-long HR fitness test/Body Fat %

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Learn the art of swimming "smarter not harder" through the use of videotaping and stroke analysis. Video footage is one of the most powerful teaching tools available today to coaches and swimmers. Swimming is a very technique-based sport and constant reminding is essential for continued improvement and efficiency. Learn to conserve your energy by increasing your efficiency, not your effort.

Videotaping sessions consist of filming from different angles above and below the water surface. This gives the swimmer and coach an extraordinary view to evaluate and compare. The tape is immediately viewed and your strokes analyzed with instructions on how to improve your technique through drills, flexibility and strengthening. Each is designed specifically for your individual needs and goals and taught to be performed correctly by the swimmer when training on their own. Having this information on videotape enables the athlete to frequently review the different components of their stroke, optimizing the time spent in the water.

Jim Williams, a coach with Team Dolphins, provides the videotaping and stroke analysis services. His clientele includes a growing number of BTC members. To learn more about the benefits of this service, visit Swim-Tek's website at: www.swim-tek.com