

“Beijing & Beyond” - What we can learn about Freestyle swimming stroke mechanics from the Beijing Olympics.”

Start your 2009 training season by updating your knowledge of swimming stroke mechanics.

The unprecedented quality of the underwater video footage at the Beijing Games, with additional video from the U.S. Olympic Trials, and 2007 World Swimming Championships, gives us an opportunity to view and analyze Freestyle swimming at the highest level of performance.

The lecture will also cover stroke defects commonly seen in adults, particularly individuals training for Triathlons.



Jan Prins, Ph.D.

- Director, Aquatic Research Laboratory
- Former Head Men's Swimming Coach, University of Hawaii
- Director, Swim Hawaii

Date: Wednesday, March 4, 2009

Time: 7:30 pm.

Cost: \$10.00

**Place: Lecture Auditorium
U.H. Athletic Complex
University of Hawaii – Manoa.
1337 Lower Campus Road.**

(Entrance on the Second floor – opposite Stan Sheriff arena ticket office.)

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