



P.O. Box 370, New Paltz, NY 12561 • 800-609-7946 • (fax) 845-256-0658 www.totalimmersion.net

Dear Friend,

Thank you for registering for the Total Immersion, Inc. weekend workshop to be held **Sept. 4-5, 2010** at Dowd YMCA, 400 E Morehead Street, Charlotte, NC, 28202, 704-716-6162.

TRANSFER POLICY: Weekend workshops: If a request to transfer is received 8 days or more prior to the workshop, a \$100.00 transfer fee per person will be applied to a future workshop, and the deposit will be credited toward that workshop.

CANCELLATION POLICY: Weekend workshops: NO REFUND will be issued for cancellations LESS THAN 8 days prior to the scheduled workshop unless a doctor's note can be provided. For cancellations at least 8 days prior to the scheduled workshop, any monies paid above the \$250 deposit will be refunded in full. The \$250 deposit per person remains non-refundable, but may be transferred to any future workshop within one year of initial registration.

SCHEDULE: Our schedule will be as follows (subject to minor revision):

Saturday		Sunday	
8:00	Check-in	8:30 - 10:00	Group instruction in the pool
8:15 - 9:15	Orientation (in the classroom)	10:15 - 11:15	Lunch (bag lunch suggested)
9:30 - 11:30	1st underwater videotaping and group instruction in the pool	11:30-12:30	Classroom workshop
11:45 - 12:45	Lunch (bag lunch suggested)	12:45 -2:45	Group instruction in the pool and 2nd underwater videotaping
1:00-2:15	Classroom workshop and review of video #1	3:00-4:00	Wrap-up and review of video #2 in the classroom
2:30-4:00	Group instruction in the pool		

WHAT TO BRING:

For the classroom: Pre-Workshop pamphlet, pad and pen for note taking.

For the pool: An extra suit and towel if you want dry ones for the afternoon swim, an extra pair of goggles - just in case. We recommend that male students wear a Speedo-type brief or close-fitting triathlon swim shorts, rather than loose-fitting swim trunks, which can make balance even more of a challenge. Nose-plugs can be very helpful in avoiding distraction in Sweet Spot, in wavy conditions.

What about fins? 'Kicking challenged' swimmers may find fins helpful in achieving ease, but since we began using the "TI Buddy System" in balance drills, the percentage of those choosing to wear fins has dropped from 30% to under 10% of a typical class. And most students move along pretty nicely, once we advance from balance drills, in which all propulsion comes from the kick, to "Switch" drills, in which core-body rotation provides most of your propulsion.

DIRECTIONS: Visit the Dowd YMCA's website - http://www.ymcacharlotte.org/dowd/dowd_homepage.aspx

LUNCH: There are quite a few places to eat within a short walk or drive of the Y. Check out Google Earth to see them.

LODGING: Try these online travel sites - www.orbitz.com, www.expedia.com, www.travelocity.com

QUESTIONS: Workshop Director, Kevin Millerick, www.swimtech.net, 303-818-4283.

Happy Laps,
Terry Laughlin