



# Swim Into Spring 2015

## MSV Freestyle Clinic 1 – October 8

Brenton Ford and Ryan led a group eager to learn at our first Swim Into Spring event - Freestyle Clinic 1, held at MSAC.



Attendees were given a great start to the open water season with a comprehensive freestyle stroke correction clinic. Underwater filming and analysis were also provided to help participants improve their technique and efficiency by using the latest stroke development techniques.

One very happy participant shared with us the following feedback:

*"Thanks again for the freestyle clinic on Sunday, I really enjoyed it and was impressed by what Ryan picked up re. my stroke. Always great to get fresh eyes on what you're doing and something to work on."*

*At training this morning I was keen to start making adjustments! The video analysis is brilliant, what you think you're doing and what you're actually doing are two different things!*

*Thanks guys for your time and powers of observation"*



## MSV Freestyle Clinic 2 – November 7

Brenton Ford and Ryan were back in November to lead a second group eager participants our second Swim Into Spring event - Freestyle Clinic 2, held in Geelong.

Once again attendees were given a great start to the open water season with a comprehensive freestyle stroke correction clinic. Underwater filming and analysis were also provided to help participants improve their technique and efficiency by using the latest stroke development techniques.

Thank you to the Boroughcotas Sue Gook for the great action shot from the day.



## MSV Beach Series 1 – November 8



A sterling day saw around 40 participants at our third Swim Into Spring activity – Beach Series 1, held at Elwood SLSC.

Participants were lucky to have fantastic weather and three knowledgeable coaches on the sand, open water marathon swimmer Chloe McCardel, 2015 Pier to Pub winner Sam Sheppard and Effortless Swimming's Brenton Ford.





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## Psych Me In... For Open Water – November 15

Psych Me In...For Open Water was the fourth Swim Into Spring activity run by MSV.

Held at the home of the Malvern Marlins, Harold Holt, many Marlins were in attendance to get the edge for the upcoming Open Water Season. Swimmers attending the clinic were able to explore and learn what psyches them out and why, head, heart and gut strategies to take control and how to switch on peak mental performance.



Thank you to Jane and Sarah from Profiles Plus for a great morning.

## MSV Beach Series 2 – November 29



MSV Beach Series 2 on November 29 was our fifth Swim Into Spring activity and held at Williamstown SLSC.

The day saw a great turn out of over 30 swimmers prepping for the opening of open water season and trailing the upcoming WOW Challenge & Victorian Open Water Championships course.

Participants were treated to two excellent coaches, 2015 Pier to Pub winner Sam Sheppard and MSV Open Water Ambassador and marathon swimmer Chloe McCardel.



Good luck to everyone competing at the WOW & Swimming Victoria Open Water Championships on December 19.

## 100 x 100s with the Dolphins – December 6

The Doncaster Dolphins hosted our final Swim into Spring activity, the 100 x 100s with the Dolphins at the Doncaster Aquarena.

Congratulations to all who swam and achieved their distance goal, with a special mention to the big group who swam the full 100 x 100m! You are all champions in our books!

Thank you to our lovely hosts and MSV open water ambassador Chloe McCardel who was there to support participants.

