



WATERSHOPS present “butterfly” with Milorad Cavic Swiss Swimming Training Base

- ❖ What?
 - Swimming Technical Workshop
 - Featuring **BUTTERFLY**
 - Hosted by GENNADI TOURETSKI (SWTB Head Coach, and Alex Popov), CHRIS MORGAN (2008 Swiss Olympic Team coach)
 - Guest ATHLETES: **Milorad Cavic (Serbia) and Special “surprise” Swiss athlete**
- ❖ When?
 - **14th-15th November 2009**
 - Begin 11h Saturday ; End 14h Sunday
- ❖ Where?
 - CST (Centro Sportivo Tenero), Swiss Swimming Training Base
 - Train access from Zurich or Geneva, Car access from Autoroute exit>Bellinzona
- ❖ Who?
 - ANY and ALL swimmers or coaches who are interested in learning from the best, and experiencing 2 days of High Performance sport...
 - Even parents are welcome to any of the water sessions with approval from Swiss Swimming “Watershops” Staff!
- ❖ How?
 - Just send an email to watershops.swim@gmail.com
 - Reserved to the 1st 50 inscriptions, first come first serve!
 - 250.-CHF* per person (includes room and board (4meals), Tshirt, autograph cards from 2 athletes, take home DVD of underwater footage). ***50.- of each participant directly donated to SWISS SWIMMING ATHLETE FONDATION!**

Weekend Schedule:

Saturday 14th November

11h – 12h

Welcome and Introduction to WATERSHOPS

12h – 13h30 Lunch

14h – 15h Dry-land with Milorad Cavic

15h – 16h30 Technique with Star Athletes and Coaches

16h30 – 18h Video Analysis and “light” training

18h – 19h30 Dinner

20h – 21h discussion with Cavic: “Olympic Dreams”

22h Coaches roundtable

Sunday 15th November

7h – 8h Breakfast

8h – 9h Dry-land with coaches

9h – 10h Technique work with star athletes

10h – 11h Training with athletes and coaches

11h – 11h30 Fun & Games; Relays & Races

11h30 – 12h Autographs

12h – 13h Lunch

13h – 14h Final Discussions and Special Video

14h Voyage home...

******WATERSHOPS and SWISS SWIMMING reserve the right to cancel (money back guarantee) or change the date due to insufficient participation or cancellation of STAR athletes.***