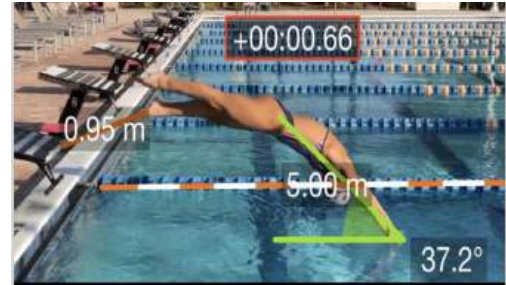


## VIDEO ANALYSIS

In the Biomechanical Studio, filming will be made with two angles of underwater shooting and two angles with a professional high-speed camera. Subsequently, a Feedback will be carried out on the technical details that the athlete has in order to:

- Locate defects in the athlete's execution.
- Analyze each movement and then point out the muscle groups that are basically involved.
- Examine and evaluate the quality of the movements involved in swimming skills
- Evaluate the different techniques that can be used, that is, determine the quality of a movement.



Video analysis tools include side-by-side comparisons, drawing marks, voice recording, slow motion tools that allow you to dive into the details of any video. It is easy to use and fast. You really appreciate every detail in the video analysis.

- Slow motion and frame by frame
- Annotate with drawings
- Create voice recordings.
- Side-by-side and overlapping comparison



## PERSONALIZED TECHNICAL TRAINING ACCORDING TO THE RESULTS OBTAINED IN THE BIOMECHANICAL STUDY

After the biomechanical study and respective Feedback, technical correction sessions must be carried out, there will be weekly sessions, all of this in order to:

- Improve the execution of the movement pattern and develop new techniques, that is, perfect the execution of motor skills.
- Correct defects in the athlete's execution.
- Choose appropriate techniques for optimal athletic performance.
- Discover the fundamental principles of body movements.
- Discover the anatomical and mechanical bases for training.
- Deduce the negative implications of movement for joints and muscles.
- Recognize potentially dangerous activities that may have a significant impact on injuries in the future.
- Establish the biomechanical principles that must be used in each swimming skill.

# PASEO AQUATICS

The Path to Excellence



SOUTHERN  
CALIFORNIA  
SWIMMING



## VIDEO ANALYSIS SESSIONS

**SignUp App:** Just sign up for "Coach Marco Video Analysis" Save time, coordinate the private lessons easier, receive reminders in only one place !

Click here now: <https://signup.com/go/rNCpghW>

Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp: <https://signup.com/go/rNCpghW>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.

Note: SignUp does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

### **VIDEO ANALYSIS SESSION**

**1 Session** 45 min \$80

#### **STROKES PACKAGE:**

4 Sessions 45 min \$300

1. Butterfly
2. Backstroke
3. Breaststroke
4. Freestyle

#### **STARTS AND TURNS PACKAGE:**

4 Sessions 45 min \$300

1. Starts
2. Open Turns (Butterfly and Breaststroke)
3. Flip Turns (Freestyle and Backstroke)
4. Underwater

### **PAY METOD**

Payments are made directly with Coach Marco through:

- 1) Cash
- 2) Check payable to Marco Bellardi
- 3) Vemmo @Marco-Bellardi <https://venmo.com/u/Marco-Bellardi>
- 4) Zelle (786)409-9479 Marco Morin