

TriCoach Georgia

Caitlin Casazza

Performance Swim Coach

<i>Type of Coaching</i>	<i>Description</i>	<i>Duration</i>	<i>Pricing</i>
Initial Consultation	Learn about who YOU are and what you want to get out of this coaching experience. Learning the goals of client and determining what areas need to be focused on. Figuring out a swim schedule.	~ 30 min	FREE
Stroke Analysis <i>(In Person Locally)</i>	In person stroke analysis and technique critiquing. Learn about proper stroke form and energy efficiency. Discuss race strategy personalized to your own needs.	~ 60 min	\$60
Swim Video Analysis	Send your swim video to Coach Sea for technique analysis and receive back your personalized analysis summary via email with a follow up phone/video chat to review.	Varies	\$50
Personalized Workouts	Receive individual workouts catered to your needs to improve your overall endurance and efficiency in the water. Practices include the various energy systems including Super SPR (VO ₂ Max), SPR (Lactate Threshold), OLY (Tempo), HIM (Aerobic), and IM (Easy).	Varies up to 90 min workout	1 Month supply: 8 Workouts pack \$70 12 Workouts pack \$95 3 Month supply: 24 Workouts pack \$190 36 Workouts pack \$250
Group Practice <i>(In Person Locally)</i>	In Person coaching for a group w/ a more generalized workout. Practices will have divisions for different levels of swimmers and will still include the different energy systems.	Varies 60-90 min	\$15 per athlete
BUNDLE Package	Receive either Stroke Analysis session or Swim Video Analysis, and 12 Workouts pack each month. Includes weekly check-ups on your swim progress. In addition, unlimited access to Coach Sea through email and text.	TBD	\$175 per month \$495 for 3 month pack