

OPEN WATER REPORT

March 2023

- 1. Completed four WOWSA Zoom sessions with Marcia Benjamin regarding coaching first time open water swimmers.**

Session #1:

Welcome & Safety

Pool Training for Novice Open Water Swimmers Components for success including equipment, workout sets designed for open water, ins-and-outs, and racing technique.

Session #2:

Psychology for Novice Open Water Swimmers

What they are worried about and how to overcome their fears.

Session #3:

Race Day Prep

How to prepare for race day: race entry, packing, planning.

Session #4:

The Day of the Swim

What to do when you get to the race.

- 2. Opportunity: WOWSA Open Water Coaching Certification**

<https://www.openwaterswimming.com/product/open-water-coaching-certification-program-virtual-clinic-with-marcia-benjamin/>

- 3. Opportunity: 2023 SPRING CANYON OPEN WATER CHALLENGE**

The Open Water Championship for the USMS Southwest Zone

Sunday May 28 in the Sanford Dam stilling basin near Fritch, TX

Posted this on SPMS Facebook and Insta to publicize Zone Open Water