



KIM BRACKIN & DEMERAE CHRISTIANSON

TWO FORMER DIVISION 1 COACHES WITH OVER 20 YEARS OF EXPERIENCE AT THE ELITE LEVEL (WE'RE TALKING NCAA CHAMPIONSHIPS, OLYMPIC & WORLD CHAMPIONSHIP MEDALS) WITH A PASSION TO TEACH, MOTIVATE, CHALLENGE AND MENTOR SWIMMERS.

WE REALIZE NO TWO ATHLETES ARE ALIKE; WE STRIVE TO GIVE YOU THE MENTORSHIP YOU NEED.



RECRUITING CONSULTING: Think of us as your concierge in the recruiting process – researching schools/programs, contacting coaches & advising.

PERSONAL TECHNIQUE COACHING: 1:1 technical coaching in the Endless Pool with instant video analysis to accelerate your learning curve.

CAMPS AND MONTHLY CLINICS: Each is designed around a specific topic and is highly personalized. Visit our website for current camps and clinics.

www.brackineliteswimtraining.com

512.801.5774

RECRUITING
CONSULTING



TECHNIQUE
COACHING



CAMPS/CLINICS

August 8 – 14 Training Camp St. Petersburg, FL

A unique training and technique opportunity for swimmers ages 12 and up.

- Training session focus:
Conditioning, race preparation & fundamentals of pacing
- Technique session focus:
stroke technique, starts/turns, applying technique to daily training

Limited to 16 athletes. Our goals in this personalized environment:

- Challenge each swimmer, and hold them accountable, to up their game in training.
- Learn and regularly practice drills that will enhance their strengths & minimize their weaknesses.
- Increase their self-awareness and learn valuable personal skills that should help build their confidence as, not only athletes, but as young adults.

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