



# FREESTYLE BIOMECHANICS

## THE SCIENCE BEHIND THE STROKES™

A lecture for swimmers who want to swim faster & more efficiently.

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*Jan Prins, Ph.D.*

Olympic & Paralympic Swimming Coach  
Director, Aquatic Research Laboratory-  
University of Hawaii.

Director, Swimming Biomechanics, Inc.

In this lecture we will review the recently launched video program: [freestylebiomechanics.com](http://freestylebiomechanics.com)

“What Jan Prins has developed in Freestyle Biomechanics is a step beyond what anyone has done before.” *Jim Montgomery, Coach - Master’s and Triathlon Swimming; Olympic Gold Medalist & Former World Record Holder.*

“Dr. Jan Prins has developed a series of instructional videos for the Freestyle that are ‘State of the Art’.” *Ernie Maglischo, Ph.D. Internationally recognized authority on swimming stroke mechanics. Author of the “Swimming Faster” textbook series.*

“The advantages and benefits of Dr. Prins’ 16-part Freestyle Biomechanics are significant for all Freestylers, especially open water swimmers.” *Steven Munatones. Founder - World Open Water Swimming Association*

Sunday, May 29, 2022 - 3 to 4:30 pm  
U.H. Athletic Dept. Auditorium – 2<sup>nd</sup> Floor  
(Opposite Gate A – Stan Sheriff Center)  
1337 Lower Campus Road.

Cost: \$20/person

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BIOMECHANICS

*The Science Behind the Strokes™*