

# KINETIC

## PHYSICAL THERAPY

### swimming analysis



#### Kinetic Swimming Analysis:

Kinetic Physical Therapy & Human Performance Center is excited to announce the new Swim Analysis Program at our Collegeville office. We will be housing our underwater camera system and Olympic-quality Dartfish technology in our clinic's private natatorium. Using a combination of a dryland camera, an underwater camera, and an underwater mirror, this one of a kind program allows swimmers and triathletes to have a 360° recorded view of their stroke. Much like the Olympic swimmers, our swimmers will pinpoint the slight technical mechanics to achieve higher performance. Contact our Collegeville office for more information and to schedule your analysis!

#### One Hour Swim Analysis Includes:

- Analysis of ( 2 ) strokes with USA Swimming Coach
- Video Analysis using **DARTFISH** 
- Personalized DVD
- Technical Checklist
- Postural Assessment
- Corrective Exercises Program

Dear Swimmers, Coaches, and Parents,

My name is Jenni Brozena and I am the swimming specialist at Kinetic Physical Therapy.

Swimming is my sport and my passion. I swam competitively for ten years and have been coaching with USA Swimming for the last three years. I have coached swimmers from age 9 through the Junior National level in the mid Atlantic region. I get great personal satisfaction by helping other swimmers reach their ultimate potential in the pool. I am involved in the International Society of Swim Coaching where I serve on the Advisory Board and actively contribute to ongoing research.

I graduated from West Chester University in Exercise Science and am a Certified Strength and Conditioning Specialist (CSCS). I'm currently pursuing my masters in Exercise Science from California University of Pennsylvania.

I look forward to working with swimmers of all levels in the future!

Sincerely,  
Jenni Brozena

[www.kineticptpa.com](http://www.kineticptpa.com)

#### Chester Springs

(in the Village of Eagle)  
163 Pottstown Pike  
610.458.6464

#### Collegeville

(at The Providence Town Center)  
241 Plaza Drive  
610.831.5205

#### Downingtown

(at United Sports Training Center)  
1426 Marshallton-Thorndale Road  
610.380.5091

#### West Chester

(at ACAC)  
1130 McDermott Drive  
610.430.3545