

RaceBetter™ presents

TANZANIA PERFORMANCE DEVELOPMENT SERIES



**BUILD SKILLS.
BUILD CONFIDENCE.
BUILD THE FUTURE
OF TANZANIAN
SWIMMING.**

WHY TANZANIA?

A COUNTRY. A COMMUNITY. A FUTURE.

Tanzania has incredible potential. Across clubs, coaches, and families, there is a shared commitment to developing people and nurturing young talent. With the right support, education, and systems, that commitment can strengthen pathways from grassroots to high performance.



OUR VISION & APPROACH

This three-week Tanzania Performance Development Series marks the start of a long-term partnership between RaceBetter and Monti AquaForce. Through immersive in-person experiences and ongoing hybrid support, we aim to develop athletes, empower coaches, educate families, and build stronger pathways for swimming across Tanzania.



THE PARTNERSHIP IS STRONG

RaceBetter and Monti AquaForce are united by a shared vision to blend global expertise with local leadership and build lasting pathways for swimming across Tanzania.



THE GROWTH IS REAL

More clubs. More athletes. More families. Swimming in Tanzania is growing, making this an exciting time to build for the future together.



THE OPPORTUNITY IS BIG

Expanding access to world-class coaching, training, education, athlete development models, and resources can accelerate the future of swimming in Tanzania.



ATHLETE DEVELOPMENT



COACH EDUCATION



PARENT ENGAGEMENT

MEET BEN LEE

COACH AND FOUNDER, RACEBETTER

Ben Lee is the founder of RaceBetter and an internationally recognized coach and performance consultant who helps athletes, coaches, teams, and organizations build stronger and sustainable pathways for long-term success.

He has coached swimmers from developmental through Olympic levels, guided athletes to top NCAA programs and international medals, and collaborated with clubs, schools, and federations around the world.

Ben's work integrates technical swimming instruction, strength and conditioning, sports science, and athlete development into practical experiences that athletes, coaches, and families can immediately apply.

Whether working with young swimmers learning foundational skills or experienced athletes pursuing elite performance, his goal remains the same: to help people understand *why* they train, take ownership of their development, and build confidence that extends far beyond the pool.

DEVELOPING PEOPLE THROUGH SPORT

Swimming is more than learning strokes and racing faster.

At RaceBetter, we believe sport can be a powerful vehicle for developing confidence, discipline, resilience, leadership, and healthy habits that carry into school, careers, relationships, and everyday life.

We support coaches, empower parents through education, and encourage athletes to take ownership of their development.

We believe lasting success is built through curiosity, meaningful relationships, and consistent daily actions — not shortcuts, gimmicks, or quick fixes.

Our goal is not simply to produce faster swimmers. It is to help people become more capable, confident, and prepared for whatever comes next.

COACH DEVELOPMENT WORKSHOP

BUILD BETTER SWIMMERS BY BECOMING A BETTER COACH

28 - 30 JULY 2026

For: Swim Coaches, Teachers, and Club Leaders

WHAT YOU'LL LEARN:

- ✓ **ATHLETE DEVELOPMENT**
- ✓ **TECHNICAL SKILL DEVELOPMENT**
- ✓ **PRACTICE DESIGN & PROGRESSIONS**
- ✓ **STRENGTH/DRYLAND INTEGRATION**
- ✓ **BUILDING STRONGER PROGRAMS & CLUB CULTURE**
- ✓ **PARENT & ATHLETE COMMUNICATION**

WHAT MAKES THIS WORKSHOP DIFFERENT?

Coaches will learn through a combination of classroom education, practical movement sessions, pool demonstrations, and interactive discussion.

Rather than simply hearing concepts explained, coaches will experience many of the same activities and progressions used with athletes to better understand how and why they work.

The Coach Development Workshop takes place before the athlete camps, allowing participating coaches to apply what they learn while observing and assisting throughout the Development, Intermediate, and Advanced Camps that follow.

BEGINNER DEVELOPMENT CAMP

BUILD CONFIDENCE, SKILLS & A LOVE FOR SWIMMING

30 JULY - 1 AUGUST 2026

For: Swimmers Ages 6 - 8

YOUNG SWIMMERS WILL DEVELOP:

- ✓ WATER CONFIDENCE & COMFORT
- ✓ BETTER BODY POSITION & STREAMLINE SKILLS
- ✓ STRONGER KICKING & BREATHING FUNDAMENTALS
- ✓ ATHLETICISM THROUGH FUN GAMES & MOVEMENT
- ✓ POSITIVE HABITS & CONFIDENCE IN TRAINING

DAILY EXPERIENCE

- Athlete education & discussion
- Movement & Dryland Development
- Games, challenges & team activities
- Technical pool training
- Parent education
- Q & A

The exact balance and duration of each component may vary based on athlete age level, group size, facility logistics, and daily learning objectives.



INTERMEDIATE DEVELOPMENT CAMP

LEARN THE SKILLS THAT MAKE SWIMMERS FASTER

3 - 7 AUGUST 2026

For: Swimmers Ages 9 - 12

SWIMMERS WILL DEVELOP:

- ✓ **MORE EFFICIENT STROKE TECHNIQUE**
- ✓ **FASTER STARTS AND TURNS THAT CREATE FREE SPEED IN EVERY RACE**
- ✓ **STRONGER UNDERWATER SKILLS TO IMPROVE SPEED OFF EVERY WALL**
- ✓ **BETTER TRAINING HABITS AND ATHLETE OWNERSHIP**
- ✓ **ATHLETIC DEVELOPMENT THAT TRANSFERS TO PERFORMANCE**

TRAINING FOCUS:

- **Athlete education & discussion**
- **Movement & Dryland Development**
- **Games, challenges & team activities**
- **Technical pool training**
- **Parent education**
- **Q & A**

The exact balance and duration of each component may vary based on athlete age level, group size, facility logistics, and daily learning objectives.



ADVANCED PERFORMANCE CAMP

PREPARE FOR THE NEXT LEVEL OF COMPETITION

10 - 14 AUGUST 2026

For: Swimmers Ages 13+ & Senior

SWIMMERS WILL DEVELOP:

- ✓ **ADVANCED RACE SKILLS AND STRATEGY**
- ✓ **FASTER STARTS AND TURNS THAT CREATE FREE SPEED IN EVERY RACE**
- ✓ **STRONGER UNDERWATER SKILLS TO IMPROVE SPEED OFF EVERY WALL**
- ✓ **A DEEPER UNDERSTANDING OF TRAINING AND COMPETITION**
- ✓ **LEADERSHIP, ACCOUNTABILITY, AND ATHLETE OWNERSHIP**
- ✓ **PERFORMANCE HABITS USED BY ELITE ATHLETES**

PERFORMANCE FOCUS:

- **Athlete education & discussion**
- **Movement & Dryland Development**
- **Games, challenges & team activities**
- **Technical pool training**
- **Parent education**
- **Q & A**

The exact balance and duration of each component may vary based on athlete age level, group size, facility logistics, and daily learning objectives.



PARENT EDUCATION SERIES

HELP YOUR CHILD GET MORE FROM SWIMMING

PARENTS OF REGISTERED ATHLETES
ARE ENCOURAGED TO ATTEND.

TOPICS MAY INCLUDE:

- ✓ SUPPORTING ATHLETE DEVELOPMENT
- ✓ RECOVERY, HYDRATION, AND NUTRITION
- ✓ BUILDING CONFIDENCE AND RESILIENCE
- ✓ UNDERSTANDING THE LONG-TERM JOURNEY IN SPORT
- ✓ CREATING HEALTHY HABITS FOR SUCCESS IN AND OUT OF THE POOL

Parents are partners in athlete development. These sessions provide practical tools to better support your swimmer throughout their journey.

