TRIATHLON SWIM CLINIC

Saturday March 24th, 2012

Hosted By: Phoenix Swim Club Masters and Durapulse Performance

Where: Phoenix Swim Club, 2902 E Campbell Ave., Phoenix, Az 85016

WHEN: Saturday, March 24th 2012 from 2-5pm

OPEN TO: First 100 entries 18 and older. 50 or less athletes (3 coaches min.), 50-75 athletes (4 coaches min.), and more than 75 athletes (5 coaches min.)

RUN BY: Mark Rankin, Head Masters Coach Phoenix Swim Club and Nick Goodman, Head Coach Durapulse-Performance Co.

ENTRIES: Entries will be Due March 17th. Additional entry forms can be found at www.phoenixswimclub.org. Please mail or drop off at the above address.

COST: Durapulse and PSC members are $30 and non-members are $50. We will accept deck entries on Sat. the 24th for $40 for members and $60 for non-members (cash or check ONLY for deck entries).Please make checks payable to Phoenix Swim Club.

CLINIC INFO: This clinic is geared for novice swimmers, new triathletes, and triathletes looking to improve their swim. We will discuss in detail the "swim" portion of the triathlon race, transitioning, and race strategy. We will also discuss pool-training, freestyle technique, group training, and give example workouts. The clinic will include sessions on freestyle training drills, an open-water swim, demonstrations by an elite swimmer, and a small swim workout. We will be having BBQ at the conclusion of the clinic for anyone interested.

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NAME: AGE:

PHONE #: CREDIT CARD TYPE:

CREDIT CARD #:

Expiration Date: