



ADULT SWIM CLINIC

Triathletes, Open Water Swimmers, Recreational Swimmers...are you looking to improve your swimming technique or take your training to the next level?

Swim Clinic - May 22, 2011

**Totman Pool on the Campus of U-Mass Amherst
Hosted by the Amherst Tritons Swim Team**

Spend a morning working with members of the Tritons coaching staff, area college coaches and accomplished triathlete/open water swimmers addressing both in water swimming techniques and dry land training. In addition, there will be a special presentation by Dr. Barry Braun from the Department of Kinesiology at the University of Massachusetts, "Nutrition for Optimal Athletic Performance".

You will also receive:

- Training schedules tailored to different goals (pre-race, improved health, etc.)
 - Training work-outs specific to each training schedule
 - A copy of "Nutrition for Optimal Athletic Performance"
- Additional nutritional and eating suggestions developed by a registered dietitian

Session 1: 7:45-8:00 AM registration, clinic 8:00-10:15 AM

Session 2: 10:15-10:30 AM registration, clinic 10:30-12:00 PM

Registration is due by May 15th.

\$25.00 for pre-registration • \$30.00 day of the event (space permitting)

\$20.00 pre-registration with a valid student ID

(Register early space is limited to guarantee optimum coach-athlete ratio)

**FOR REGISTRATION FORMS AND MORE
INFORMATION VISIT - WWW.ATST.ORG**

Please note this is NOT a swim lesson for beginning swimmers. Participants must be able to swim multiple laps in succession.