

# USMS OPEN WATER CLINIC

SUNDAY, JUNE 17, 2012

NOBLESVILLE, INDIANA

The Noblesville Adult Swim Team and Forest Park Aquatic Center will host a USMS Open Water Swimming Clinic to be held in conjunction with the 2012 USMS 5K Open Water Nationals in Noblesville, IN. The clinic is open to beginners as well as experienced open water swimmers and is designed to develop skills and knowledge specific to racing in open water from sprint triathlons to channel swims.

Proceeds from the clinic will go to the Friends of Central Pool, Inc., an Indiana Non-Profit 501 (c)(3) corporation which operates the Forest Park Aquatic Center.

Mallory Mead, a coach and open water specialist for Southern California Aquatics (SCAQ) will be joined by a league of local and experienced open water swimmers and coaches to deliver this engaging open water-specific curriculum.

The clinic will be delivered in two sessions with lunch provided.

## **Session One: Pool Open Water and Video Analysis - Forest Park Aquatic Center 8:00-11:00**

The first session will focus on developing proper form and incorporating training techniques designed to build your open water skill set during pool workouts. This session will include underwater video analysis and group open water drills.

## **Session Two: Open Water - South Harbor Clubhouse Beach 12:00-2:00**

The second session in Morse Reservoir will teach open water techniques, research, and recommendations appropriate for short or long distance open water swims.

The cost to attend the clinic is \$65 and includes lunch and a commemorative t-shirt. Please detach and return the registration form below to **Dick Sidner**, Event Director, 1510 Persimmon Place, Noblesville, IN 46062. Online registration is available at [www.grinswim.org/swimclinic](http://www.grinswim.org/swimclinic) for an additional \$3 fee. For questions email [dsidner@gmail.com](mailto:dsidner@gmail.com) or call (317) 695-9885, 8AM to 9PM EDT only. Checks can be made payable to **Friends of Central Pool, Inc.** Online registration deadline is noon EDT, Saturday, June 16, 2011. Deck entries on the day of the event will be accepted, but a t-shirt will not be guaranteed.

Name: \_\_\_\_\_ T-shirt size: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Please attach copy of USMS card; if you are not a member of USMS, a one-event membership can be purchased for \$15.00 Contact the Event Director, Dick Sidner, for further instructions.

