



# Pool Open Water Swim Clinic

**With Olympian Alex Meyer!**

Sunday, April 2<sup>nd</sup>, 2017 from 11:00am- 2:00pm

Hosted by: New Jersey LMSC

**The clinic will focus on developing open water swimming skills. In this clinic you will:**

- Learn tactics and strategies for open water racing
- Learn how to navigate well in different conditions
- Perform and practice turns around buoys
- Gain confidence and skill for swimming in packs

**Alex will be available for questions as well as pictures and autographs. Come join us for an experience that promises to be informative, fun, and give you a jump start on your preparations for your 2017 open water swimming/triathlon season!**

**Location:** Berkeley Aquatic Club 629 Central Avenue New Providence, NJ

**About Alex:** Alex is a 2010 Gold Medalist in the 25K in the FINA World Championships, a 2011 Gold Medalist in the 10K U.S. Open Water National Championships, a 2012 Olympian, a back-to-back Gold Medalist in the 5K at the 2014 and 2015 U.S. Open Water National Championships, and in 2016 he culminated his career with an incredible Gold Medal swim in the challenging 32K Traversee du Lac St. Jean FINA Grand Prix race!! Alex offers a breadth of knowledge and insight for all levels of open water swimmers.

Since this clinic has been subsidized by the NJ LMSC, **the cost is only \$25 for registered NJ LMSC Members! Space is limited**, so please register early. You can register by sending the completed form below with a check made payable to **"NJ LMSC"** to: **Susan Kirk 11 Waldon Road Califon, NJ 07830**

For any questions about the clinic, please email Susan Kirk: sqkirk@gmail.com

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First Name: \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Age: \_\_\_\_\_ 2017 USMS Registration # \_\_\_\_\_

Cost:  \$25

Send check **payable to NJ LMSC** to: Susan Kirk 11 Waldon Road Califon, NJ 07830