

TriColumbia Open Water Swim Clinic

Open Water Beginner

Do you have a fear of the dark water? Are you nervous at the start of your swim? Do you want to accomplish more than just “getting through” the swim? The purpose of this beginner open water swim clinic is to introduce pool swimmers to open water swimming in order to prepare for your first triathlon or to gain comfort and confidence in open water swim events. A swim course will be set up with lifeguards and safety personnel on hand. This beginner’s clinic will assist you to overcome your fears of open water swimming through establishing breath control and breathing drills to relax you in your swim. Once we establish comfort we will practice open water swimming techniques to prepare you for race day and build comfort and confidence in open water swim events.

Open Water Intermediate

If you already have open water experience and would like to further develop open water technique and strategy, the intermediate clinic offers the opportunity to swim the course while enhancing strategy and technique. The clinic will focus on breath control, buoy sighting and establishing a more efficient stroke for open water swimming. We will offer technique and strategy while focusing on race starts, sighting and course training and conditioning.

NOTE: Coaches will place participants into correct level at the beginning of the clinic.

Date: Choose one date per registration - Saturday, May 19, 2012 OR Sunday, June 3, 2012 OR Sunday, July 15, 2012

Time: 7:30 - 8:00 am Registration, 8:00 - 8:30 am Swim Talk, 8:00 - 10:00 am Swim

Location: Gunpowder State Park, Hammerman Area; 7200 Graces Quarters, Chase MD 21027

Athlete Profile: This clinic is open to all athletes, but is especially helpful to those who plan to participate in the Columbia Triathlon, Celebration or Iron Girl Columbia Triathlon.

What To Bring: Towel, Swim Goggles, Swim Cap (optional), Swimsuit (wear under clothes)

Fee: \$65.00 + \$10 USAT Membership Fee

Registration Deadlines: May 12th, 2012 for May 19th clinic; May 29th for June 3rd clinic, July 10th for July 15th clinic. Space is limited.

*Gunpowder State Park requires a \$3 park admission fee for those entering the venue.

Participants’ park entry fees are included in registration fee; guests will be required to pay at gate.

Contact: Anne Johnson, Anne@tricolumbia.org , 443-326-1608

[REGISTER HERE for May 19, 2012 Clinic](#)

[REGISTER HERE for June 3, 2012 Clinic](#)

[REGISTER HERE for July 15, 2012 Clinic](#)