

# 2009 OPEN WATER SWIM CLINICS



## Are you looking to become more confident swimming in the open water?

Discussion of open water swimming with expert coaches  
Practice swimming in open water  
Measured, marked .5mi course  
Lifeguards positioned throughout the course  
Coaches will be in water guiding and helping athletes  
Hand outs of supporting sponsors

### DATES

Clinic #1 **JUNE 7<sup>th</sup>**

Clinic #2 **JUNE 21<sup>st</sup>**

Clinic #3 **JULY 12<sup>th</sup>**

### **Location:**

Lake Nockamixon Haycock boat ramp located  
at the east end of the lake (not the main entrance)

### **Fees:**

\$35 before May 1<sup>st</sup> \$40 after May 1<sup>st</sup> and day of  
Fee is for each clinic

Register by filling out the registration form on the back and mail it to either:  
High Road Cycles or TWiley Sports.

**All swim clinics will start promptly at 8am starting with a 30-60min discussion on open water swimming followed by in the water instruction swim.**

### **Instructors for the clinics**

#### **Todd Wiley**

USAT and Team In Training coach  
Former pro triathlete

#### **Jessica Moore**

Former collegiate All-American  
Former Olympic trials qualifier

#### **High Road Cycles**

Owner of bike shops in  
Wayne and Doylestown



5178 Downs Run  
Pipersville PA 18947



73 Old Dublin Pike  
Doylestown, PA 18901

**Registration Form**

Last Name		First		Email		D/O/B M/D/Y	
Mailing Address				Gender: M    F		Age	
City	State	Zip	Home Phone (    )		Cell Phone (    )		
Emergency Notification (name)			Relationship		Phone (    )		
Clinic you are registering for (circle which ones)							
	Clinic #1		Clinic #2		Clinic #3		

**Total payment** = \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Parental Consent if under the age of 18:

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date