

MASTERS CLINIC SERIES

RACE AND TRAIN FOR THE 50, 100, & 200 FREESTYLE

Swim Coach **Direct**

MASTERS CLINIC SERIES: FASTER FREESTYLE

Swim Coach Direct presents the first in a series of clinics designed to make you a stronger, better, and faster swimmer. This freestyle clinic focuses on your starts, turns, breakouts, swim technique, and — most importantly — your race strategy. It's a must if you're going to Nationals this year.

WHO: Open to any coach or swimmer 18 years of age or older who wants to learn the latest information about how to construct your races and log some personal bests.

WHEN: Saturday, May 2, 2009

WHERE: Sir Francis Drake High School Pool — This is a new 16-lane facility located at 1327 Sir Francis Drake Blvd., San Anselmo, CA, 94960

TIME: 1:00 - 4:15 p.m.

FORMAT: Both on-deck and in-the-water training as well as demonstrations

COST: \$75.00 and worth every stroke

SIGN-UP NOW. SPACE IS LIMITED!

REGISTRATION

Option 1: REGISTER ON-LINE AT www.swimcoachdirect.com

Option 2: Mail the registration form on the back to
Swim Coach Direct/SCD, 36 Montego Key, Novato, CA 94947

For more information contact: Ken or Don at swim@swimcoachdirect.com

COACHES



KEN DEMONT

Ken swam under Don Swartz in the 70's and was senior national finalist. At the University, Ken was all four years All-American. Ken's been coaching both youth and adults

since 1980. He is currently the head coach of North Bay Aquatics, a renowned team in senior swimming — both regionally and nationally. Ken partners with Don and his brother Rick DeMont, current associate head coach at University of Arizona and Olympic gold medalist, to bring you the latest in swim technique and strategy from Swim Coach Direct.

DON SWARTZ

As head coach of Marin Aquatic Club in the 70's, Don coached Rick DeMont and other national and international competitors. Don was a featured speaker at the world coaches clinic and is a frequent

lecturer on the topic of positive mental imagery — a seminar designed to help athletes get the most out of your sport. Don is currently co-head coach for North Bay Aquatics and works with masters swimmers on the critical fundamentals of their stroke. On top of that, Don's a great guy!



REGISTRATION FORM

Please complete the information, sign the release, and mail this form with a check for \$75.00 to the address listed below.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Enclosed is my check for \$75.00. Make checks payable to Swim Coach Direct.

Refund policy: No Refunds unless notified via email prior to April 27th. You may elect to carry over your refund to a future clinic.

Please read and sign the following release form.

SWIM COACH DIRECT LIABILITY RELEASE AND INDEMNIFICATION AGREEMENT

I represent that I am 18 years of age or older and my signature for this liability release and indemnification agreement is valid.

The athlete registering ("Athlete") requests voluntary participation for Athlete to participate in the Masters Series Swim Clinic ("Swim Clinic").

Acknowledgement of Risks:

I represent that Athlete is an athlete member of USA Masters Swimming or coach member of USA Swimming. I consent to Athlete's participation in the Swim Clinic and acknowledge that Athlete fully understands that Athlete's participation may involve risk of serious injury or death or economic loss, including losses which may result not only from Athlete's own actions, inactions, or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, or the rules of play of this type of event, activity, or the Swim Clinic. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I consent to participation in the Swim Clinic by signing this document and before any activities begins.

Release of Athlete's Rights:

In consideration of allowing Athlete to participate in the Swim Clinic, I hereby release and hold harmless Swim Coach Direct, North Bay Aquatics, USA Masters Swimming, USA Swimming, and its local swimming committee and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Athlete may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the Swim Clinic. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I certify that Athlete is in good health and has no physical condition that would prevent participation in this activity. Furthermore, I agree to use Athlete's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

Signed: _____ Date: _____

Below write any goals you may have for the workshop. For example, you may be going to Nationals and want some race strategy or may simply want to work on your stroke technique. We want to customize the clinic to meet your needs.

Mail this form and your check to:

Swim Coach Direct
36 Montego Key
Novato, CA 94947

For more information contact: Ken or Don at swim@swimcoachdirect.com