



U.S.A Olympic Swim Clinic

Dreams Come True. Never Stop Believing

Learn championship performance techniques from two world class Athletes & Olympians:

JOSH DAVIS – 3 Time Olympic Gold Medalist and one of the nation's foremost swim clinicians.

IAN CROCKER – 5 time (3 gold, 1 silver, 1 bronze) Olympic medalist. He is a former world record holder in the 100 meter butterfly (long course).

When: January 29, 2012 8AM-12PM

Where: Lawrence Indoor Aquatic Center, 4706 Overland Drive, Lawrence, KS

Host: The Lawrence Aquahawks & The Lawrence Indoor Aquatic Center

BREAKout! Swim Clinic can help you:

- Bust bad habits
- Build new skills
- Uncover hidden talent
- Stand out among the crowd



It's fun for the whole family! During the four-hour clinic:

- Learn champion performance techniques from two world-class athletes in small-group personal instruction in the water on four strokes
- Understand how your body, mind and heart affect your swimming
- Train against the world's top swimmers
- Ask questions, get autographs and take photos with the athletes
- Receive a *BREAKout!* T-shirt, poster, DVDs and other souvenirs

<http://breakoutswimclinic.com/> for additional information

REGISTRATION FORM

SWIMMERS NAME: _____

ADDRESS _____

PHONE _____

EMAIL ADDRESS _____

T-SHIRT SIZE _____

MAIL TO: LAWRENCE AQUAHAWKS
PO BOX 1100
LAWRENCE, KS 66044

PLEASE ENCLOSE \$50 CHECK TO SECURE YOUR RESERVATION FOR THE CLINIC.
REGISTRATIONS MUST BE RECEIVED BY JANUARY 20TH
WE RESERVE THE RIGHT TO CLOSE RESERVATIONS, SPACE IS LIMITED.
No refunds unless event is cancelled.

QUESTIONS CAN BE DIRECTED TO: CANDY GUNDERSON at candygun@aol.com