



COACH TODD SCHMITZ COMING TO INDY FOR A SERIES OF GREEN FLAG CLINICS DURING HOD WEEKEND

JOIN MISSY FRANKLIN'S OLYMPIC & AGE GROUP COACH FOR A DAY OF FUN WHILE LEARNING TO SWIM FASTER!

As part of Indiana Swimming's partnership with Fitter & Faster, we are excited to announce three special Green Flag Series Clinics at North Central High School in Indianapolis held in conjunction with our statewide House of Delegates meeting weekend. Don't miss this special opportunity to kick off the 2018-2019 short course season with one of USA Swimming's most accomplished coaches right here in Indy!

These Indianapolis clinics are being led by Team USA Olympic Coach Todd Schmitz. Coach Schmitz has worked with a number of swimmers from the time they were young age groupers through qualifying for American National teams and Olympic medals including Missy Franklin and Clark Smith. He started coaching Missy at just 7 years old and was her coach at the 2012 and 2016 Olympics! Click the clinic below that you are interested in for more details and to register.

INDIANAPOLIS CLINICS

Green Flag Clinic - Saturday, September 15th

Suggested participants: Swimmers who have been competing for 3 years or less
Curriculum: Common attributes for swimming fast freestyle and backstroke.

SAVE 25%: Use promo code INDYSWIM (only for Indiana Swimming members)

[Click here for more details and to register](#)

High Performance Starts and Turns - Sunday, September 16th

Suggested participants: Swimmers ages 11 and older

Two sessions: One on explosive starts and one on turns.

Attend 1 session or BOTH!

SAVE 25%: Use promo code INDYSWIM (only for Indiana Swimming members)

[Click here for more details and to register](#)

ADDITIONAL UPCOMING CLINICS IN INDIANA

(Each clinic is led by Olympic swimmers and elite clinicians)

High Performance Freestyle and Butterfly

Highland, IN - August 25th

Only 4 spaces left in the freestyle session! Open to all ages.

[Click here for more details and to register](#)

High Performance Freestyle and Backstroke

St. Leon, IN - September 15th

2 Sessions: One for ages 11 & under, one for ages 12 & older

Prices Rise August 16th!

[Click here for more details and to register](#)

We strongly recommend all Indiana Swimming athletes consider these clinics as there is something for every one.

Don't miss out on the opportunity to continue learning... and swimming faster and more efficiently!

See you there!