

MAC PRESENTS:

"STATE & SECTIONALS TUNE-UP CLINIC"

With DAVID CROMWELL

David is a Montana native and MAC swimmer, 2007 USA National Team Member, 2007 USA Swimming National Champion, 2004-2006 NCAA All-American, 2007 and 2008 Top 15 World Ranked Backstroker, and most recently, a finalist at the 2009 USA Swimming World Championship Trials.

COME SHARE David's starts and turns secrets, training techniques, and meet readiness ideas.

When: Saturday, July 18, 2009

8:45-9:00	Check-in
9:00-9:30	Introductions
9:30-11:00	Water Work--turns, starts, technique
11:00-12:00	Discussion on meet readiness, warm-up concepts, mental preparedness, open forum, <u>PIZZA</u>

Where: Grizzly Pool, UM Campus, Missoula

Who: swimmers 8 & up, coaches welcome

Cost: \$25, \$45 per family

**Contact: Dave Berkoff (406) 493-6534
or (406) 546-3038**