



The Noblesville Adult Swim Team and Forest Park Aquatic Center will host a USMS Open Water Swimming Clinic in beautiful Forest Park, Noblesville, IN, on June 8, 2014. The clinic is open to beginners as well as experienced open water swimmers and is designed to develop skills and knowledge specific to racing in open water. Proceeds will go to the Friends of Central Pool, Inc., an Indiana Non-Profit 501(c)(3) corporation which operates the Forest Park Aquatic Center.

Dick Sidner, a USMS and ASCA certified Level III coach and open water specialist will be joined by a league of local and experienced open water swimmers and coaches to deliver this engaging open water-specific curriculum. Lunch will be provided by one of our sponsors - Maxlife Chiropractic. The cost to attend the clinic is \$40, \$50 for deck entries.

Session One: Pool Open Water and Video Analysis - Forest Park Aquatic Center

- 8:00-11:00 AM. This session will develop proper form and incorporate training techniques designed to build your open water skill set during pool workouts. This session will include video analysis and group open water drills. This session is limited to 40 swimmers.

Session Two (Optional): Open Water – Morse Reservoir

- Noon to 1:30 PM. This session is limited to 20 swimmers.

The optional session in Morse Reservoir will teach open water techniques, especially sighting, navigating buoys, beach and water starts and finishes and recommendations appropriate for short or long distance open water swims. The optional session in Morse is an additional \$20, and is limited to 20 participants.

