

SWIM CLINIC

Saturday, March 13, 2010 · 11:30 to 3:30 PM

William's Indoor Pool · 15000 McConn, Webster
BAM Members \$25 · Non Members \$30

About the Coaches

Chris Sustala has been swimming competitively since he was 10 years old. Since he is now almost 40, that's a lot of laps! He swam in college at Texas A&M, but don't hold that against him. Chris did his first triathlon in 1988. Even though Chris just recently became an official member of BAM, he has been around for a while, sharing his swimming expertise with all levels of triathletes, helping them become better swimmers so they can continue to pursue their triathlon dreams.

Melanie Yarzy was a competitive swimmer in high school and brings a friendly face to the swim deck. She has been a member of BAM for a couple of years and is relatively new to the triathlon community. She brings a fresh attitude and a sack full of energy to every swim workout. Newbies can relate to Melanie because she isn't the typical mean old sweaty swim coach.

Matt Chauvin is a certified USAT triathlon coach and the Fitness Director at the South Shore Fitness Center and loves Blue Bell Ice Cream. Matt has 11 Ironman finishes to his credit and helps local triathletes of every level complete triathlons of every distance both local and abroad. He is very knowledgeable in all aspects of triathlon.

Looking for a way to
IMPROVE
your triathlon swimming skills?

Sign up for the
Bay Area Multisport Swim Clinic

The agenda will include a warm up, ability evaluation, drills, individual analysis, coach demonstrations, structured workouts, Q&A. Participants will be videotaped underwater and viewed. The main focus will be on improving efficiency, speed and endurance. Freestyle will be emphasized. Learn which drills to use to improve your technique. Registration is capped at 30 participants to ensure individual time for constructive analysis, feedback, drill work to improve your stroke. This swim clinic will be divided based on your ability (beginner, intermediate, advanced).

In an effort to ensure all participants get appropriate individual attention, the clinic is being capped at 30 participants. If we have more than 30 interested, a 2nd clinic date will be scheduled.

Email clinic@bayareamultisport.com to reserve your spot or get more information. Make checks payable to **Bay Area Multisport** and mail to:

Bay Area Multisport
PO Box 211 · League City, TX 77574-0211
<http://www.bayareamultisport.com>

Name _____

Phone _____

Other Club: _____

BAM Member: Yes No

Total Amount due: \$ _____