

ATHLETE APPROVED MASTERS SWIMMING CLINIC

AUGUST 18TH FULLER PARK POOL

1519 FULLER RD, ANN ARBOR, MI 48105



Learn from International Gold Medalists and NCAA National Champions

The University of Michigan coach Mark Hill, and former captains Bobby Savulich and Roman Willets will provide coaching that includes stroke technique, video, and motivational speaking.

By learning the techniques used by Olympians and the 2013 NCAA champions, you will become a better swimmer. Swimmers need to not only train hard, but also swim smart!

8/18 Schedule

7:30am Registration
 8:00-8:15am Introduction
 8:15-10:00am In Water
 10:00-11:00am Optional Filming for Video Analysis

CLINIC PARTNER:

tweak
 ◀ the athletic edge ▶

Registration with RSVP is \$50 (\$60 without RSVP)

RSVP to bsavulich@athleteapproved.com

We believe the center-mounted snorkel is essential for technique work, so we strongly encourage all swimmers bring one. If you do not have one, you can purchase a FINIS Snorkel for \$25 (normally \$36). We will have it ready for you at the clinic.

****Indicate you would like a snorkel when you register.****

Optional \$20 per stroke for Virtual Video Analysis. Coaches will video and send you a critique via email.

Swimmers must be US Masters Swimming Registered

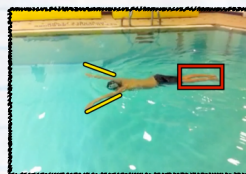
If you need to register for USMS, please follow this link:

www.usms.org/reg

Featuring “The Three Style Freestyle™”

Mark, Bobby, and Roman have a wealth of swimming knowledge to share including The Three Style Freestyle™. It is used by the best swimmers in the world and teaches you how to use the connections in your body to

swim smarter. The three styles include hip-driven, shoulder-drive, and body-driven freestyle. They will engage your mind and help you understand how to swim efficiently and quickly to improve your stroke.



Video Analysis

We use video critiquing software that will help you see what you are doing. This is a great way to help make improvements.



Coach Mark Hill
 2012 Olympic Coach
 2013 World Champs Coach
 2013 NCAA National Championship



Roman Willets
 2013 NCAA National Championship
 Big Ten Champion
 NCAA All-American
 National Champion



Bobby Savulich
 World University Games Gold and Silver Medalist
 Pan American Games 2x Silver Medalist
 Short-Course National Champion
 13x Big Ten Champion