

VAST/ABM Open Water Fundamentals Clinic
Sanctioned by ILMSA for USMS, Inc. #218-

Date/Time: June 15, 2018 from 5:00-7:30 pm

Registration Period: April 20, 2018 until June 8, 2018.

Capacity: 30

Cost: \$40, this includes the admission fee to the venue.

Facility/Venue: Centennial Beach, 500 W. Jackson St., Naperville IL 60540 – Centennial Beach is a converted limestone quarry in the heart of downtown Naperville, IL which offers a controlled environment for learning and developing better Open Water skills.

Event Information: Virtual Aquatics Swim Team (VAST) is partnering with Academy Bullets Masters (ABM) to host an open water swimming clinic for masters swimmers of all ability levels. Swimmers will learn and practice skills that will help them in triathlons, open water swims, and training events. Coaches will provide demonstrations as well as event takeaways that attendees can bring home with them. The goal is to gain the confidence and knowledge to perform better in the open water.

Your Coaches:

Chris Colburn is the Head Coach of ABM in Aurora, Illinois and the Lead Coach for VAST. He has over a quarter century of experience coaching swimmers of all ages and ability levels. Chris called “The Beach” his backyard pool for almost eight years. He has developed many ideas on using the facility’s unique features to teach a myriad of open water topics in a controlled environment.

Doug Adamavich is the Managing Partner of VAST in Mesa, Arizona. He is an accomplished pool and open water swimmer who loves the challenge of mastering new skills. Doug grew up swimming in Minnesota but has called Arizona home for the last twenty-seven years. He has been involved as a volunteer at both the local and national level for United States Masters Swimming. He is a USMS Level III coach and has a passion for getting more adults involved in the sport, regardless of their experience or ability level.

Location

Centennial Beach Park
500 W. Jackson Ave.
Naperville, IL 60540

Schedule: Friday, June 15, 2018

Check-In: 4:30-5:00pm – Meet Chris and Doug outside the facility near the admission window on the Northwest side of the property.

Open Water Swim Clinic: 5:15-7:30 pm – Please be in your suit and on the lower deck at the end of the 5:00 pm safety break.

Equipment: Please bring your suit, goggles, and a towel. A swim cap will be provided to you for the clinic.

Registration/Payment: Register online only at

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1842&cid=78469>

Registration closes at midnight Central time on Friday, June 8, 2018 or when the clinic enrollment reaches 30. Your online registration for this course will be paid by debit or credit card and processed by Club Assistant. Please look for "ClubAssistant.com Events" on your statement.

Social Event: After swimming for a couple of hours, you are going to build up a healthy appetite. The plan is to have a group dinner after the clinic at a Downtown Naperville restaurant with a Chicago flavor, such as Lou Malnati's or Giordano's. If you are interested in dinner with the group, you will be responsible for covering your own food and drink. More details about dinner will be provided to participants closer to the clinic date.

Cancellation Policy: Clinic registrations are non-refundable and non-transferrable to another individual. If you can provide a minimum of 72 hours notice before the start of the scheduled clinic time, you may transfer your registration to a clinic at an alternate date and location. Written email notification must be sent to clinics@virtualaquatics.net.

In the event of inclement weather, the clinic will be rescheduled. Questions? Contact event directors Doug Adamavich (doug@virtualaquatics.net) and Chris Colburn (c.colburn@academybullets.com).