



## Masters Swim Clinic with Olympian Janet Evans

**Sunday, October 21, 2018 | 1:00 PM | Cost: \$70**

at Lifetime Fitness Novi | 40000 High Pointe Blvd | Novi, 48375  
Phone: (248) 735-0100 | USMS Clinic Sanction #198-S013

The Michigan Masters LMSC is proud to announce a Masters Swim Clinic featuring 3 time Olympic swimmer Janet Evans.

As the greatest female distance swimmer of all time and now a mother herself, Janet is the ideal clinician to bring out the best in the Masters swimmer.

Whether it's teaching starts and turns, proper stroke technique, or the importance of a healthy and balanced lifestyle, Janet takes a hands-on approach both in and out of the water.

Her message of how to be a champion in sport and more importantly in life is something you will never forget.

We will also be selling a limited number of deck only tickets for coaches or fans that would like to attend the clinic but not swim in the pool.

**Janet Evans** is widely considered to be the greatest female distance swimmer in history. Despite her small size and unorthodox windmill stroke, she was a natural-born swimmer, completing laps by the age of two. In 1987, when she was 15 years old, Janet burst onto the international swimming scene, breaking world records in the 400m, 800m and the 1500m freestyle.

A year later at the 1988 Olympics in Seoul, Janet won gold medals in all three of her races: the 400 meter freestyle, 800 meter freestyle, and 400 meter Individual Medley, overtaking the powerful East German swimmers in the process. Her 400 freestyle victory was won in a world record time.

In 1992 in Barcelona, Janet defended her gold in the 800 freestyle and added a silver in the 400 freestyle.

Janet broke a total of seven world records in three events (400 meter, 800 meter, and 1500 meter freestyle) during her career. Her 1500 meter world record stood for 20 years, her 800 world record stood for 21 years, and her 400 world record stood for 19 years, making them some of the longest standing records on the swimming books.

In 2010, Janet mounted a comeback in the sport with the goal of competing at the Olympic Trials in 2012 in the 400 meter and 800 meter freestyle. She successfully qualified for the Trials, and, at the age 40, had the honor of trying out for the Olympic Team once again in both events in July of 2012.

### **Clinic Registration is LIMITED to 50**

**For More Information, and to  
Register Online Visit: [www.MichiganMasters.com](http://www.MichiganMasters.com)**