

# Ocean Swim Clinics for Triathletes at Crystal Cove Beach






Race your next triathlon as a strong, confident swimmer!

This clinic teaches the fundamentals of open water swimming as they relate to successful triathlon racing. Learn efficient ins and outs of the water, sighting and swimming in a straight line, methods to manage nervousness or panic in the open water, and strategies for smart racing. All this will make you a safer swimmer, a faster swimmer and a confident swimmer. You'll also learn about the 4th discipline of triathlon: quick, efficient transitions. All taught in a fun and entertaining format! Really.....!



Tri-Zone will provide complimentary wetsuits for the clinic

## For Information and Registration:

- Thursday, June 4th 5-7pm (\$50) → 
- Saturday, June 20th 8-11am (\$65) → 
- Saturday, June 27th 8-11am (\$65) → 
- Sunday, July 12th 8-11am (\$65) → 
- Sunday, August 16th 8-11am (\$65) → 

E-mail Martha at [mjliberty@cox.net](mailto:mjliberty@cox.net) for more information.

Or call: 949-374-2096

Limited Enrollment

Register Soon to Guarantee a Spot!

Coaches: Martha Szufnarowski, David Light & Linda Kessman are USAT certified coaches, Ironman triathletes and masters swim instructors.



