



## **Faster Freestyle Swim Clinic**

*with Masters World Record Holder Karlyn Pipes-Neilsen*

Friday, June 10th from 6:00pm - 8:45pm (Lee Recreation Center)

Hosted by: Alexandria Masters Swimming

**Are you tired of working so hard to swim so SLOW? Wouldn't you rather...**

- **Swim faster with less effort?**
- **Relax, find your balance and not sink?**
- **Effectively breathe in any condition?**
- **Become more comfortable in the water?**

*Then this clinic may be JUST for you! Using easy to understand drills and techniques, Karlyn will teach you how to become a faster, more efficient swimmer in just one clinic.*

**Karlyn Pipes-Neilsen:** Lives in Kona, Hawaii, and is regarded as one of the best swimmers in the world. Karlyn is 2008, 2007 & 2004 World Masters Swimmer of the Year, 2007 inductee into the International Masters Swimming Hall of Fame, and since 1993 has set over 200 masters world records. Karlyn is also an open-water champion, recently setting new course records in a variety of swims all over Hawaii. However, she is equally as talented as an instructor and uses her high energy to deliver a fun and face paced clinic woven with personal experience. Reference **Swimmer Magazine Nov/Dec Issue (P. 24) for Karlyn's article on faster freestyle to get a good sense of her approach.** To read some of Karlyn's swim technique articles or for a more complete BIO visit [www.aquaticedge.org](http://www.aquaticedge.org).

### **The clinic will cover**

- Step-by-step stroke progression for Freestyle
- Emphasis on correct head and body position and timing
- Effective breathing techniques
- Focus on efficiently swimming faster with less effort
- Training tips, nutrition, recovery suggestions and more!

Using video demonstration, dryland body awareness, simple terms and plenty of water drills, we will teach you the basic stroke mechanics for Freestyle. We begin by focusing on correct body position and balance, then progress to the actual stroke. Approximately 1 hour of classroom time followed by 90 minutes of water time.

### **Registration**

\$60 (members paid for the Alexandria Masters Spring and/or Summer season pay \$35).

Registration and payment can be submitted online or by mail before June 5th to:

Alexandria Masters Swimming, P.O. Box 4935, Alexandria, VA 22303

Online: [www.alexandriamasters.com/clinic](http://www.alexandriamasters.com/clinic)

**Questions:** Contact Mike Davey at 703-360-2631



### **Clinic Registration**

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Age: \_\_\_\_\_ USMS # \_\_\_\_\_ Amount enclosed: (\$35) (\$60)

Goals \_\_\_\_\_