



CHALLENGED ATHLETES FOUNDATION® Presents:



CHALLENGED ATHLETE SWIM CLINIC

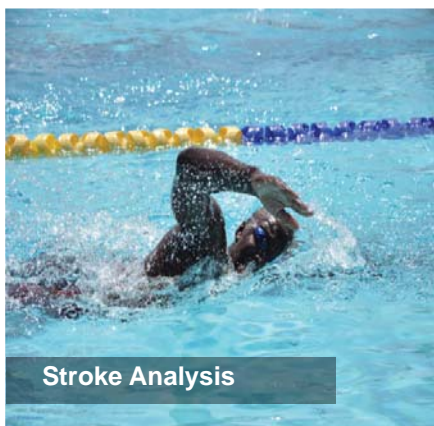
Featuring Alan Voisard - coach to U.S. Paralympic Medalists

March 18, 2012 - Durham, NC

MENTORSHIP » MOBILITY » MOTIVATION



Personalized Instruc-



Stroke Analysis



Breathing Techniques

Join the Challenged Athletes Foundation® (CAF) for a day of swimming instruction by elite swim coaches, Alan Voisard and Alison Terry. Alan Voisard has more than 32 years of coaching experience and has helped swimmers at all levels -- from beginners to pro triathletes to Paralympic medalists - to improve their swimming and maximize their performance in the water. Alison Terry is a past member of the USA National team, an Olympic Trials competitor and World Open Water Lifeguard Champion. She formerly served on the USA Swimming Board of Directors and Olympic International Operations Committee.

Join us and learn:

- ⊕ How to swim for speed using proper swim stroke cadence.
- ⊕ Proper swimming techniques and training tips.
- ⊕ How to maximize your breathing and core strength.
- ⊕ How to get the most out of your swim stroke.

Four sessions available:

- ⊕ Session 1: 9:00am - 10:00am
- ⊕ Session 2: 10:00am - 11:00am
- ⊕ Session 3: 11:00am - 12:00pm
- ⊕ Session 4: 12:00pm - 1:00pm

ALL AGES ARE WELCOME. A BASIC ABILITY TO SWIM IS REQUIRED.
REFRESHMENTS WILL BE PROVIDED. NO COST TO ATTEND THE EVENT.



Training Tips

LOCATION:

Duke University
West Campus
Wilson Recreation Center
Taishoff Aquatic Pavilion
326 Towerview Dr.
Durham, NC 27708

REGISTER ONLINE:

www.crs.kintera.org/durhamswim

FOR MORE INFO:

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TO VOLUNTEER:

www.crs.kintera.org/durhamswimvol

