

# MASTER OPEN WATER SWIMMING CLINICS



## EXCLUSIVE TO THE USA IN JULY & AUGUST 2010

7-time Women's World Marathon Swimming Champion, **SHELLEY TAYLOR-SMITH**

... INCLUDES GET WET WITH THE CHAMP.

THIS IS YOUR OPPORTUNITY TO ELIMINATE YOUR FEARS, IMPROVE YOUR SKILLS AND BUILD CONFIDENCE!

7-time World Marathon Swimming Champion, Shelley Taylor-Smith will teach you first hand her passion for Open Water Swimming... and turn your love-hate relationship around so you too will be the Master of your next Open water swimming competition.

**WHO SHOULD ATTEND:** This is a good clinic for those who are new to open water swimming or just looking to fine tune their skills so you complete open water swims as quick as possible. Feel free to spread the word if you know people who might join in the fun.

### PRACTICAL - DRY WORKSHOP:

- Open Water Swimming – what works, what doesn't
- What additional training will benefit you
- The Mindset – blocking out self doubt, fears and unwarranted thoughts
- Race Preparation
- Goal Setting
- Focus – getting what you want out of the race

In addition Shelley will conduct a "WET" PRACTICAL COMPONENT, in open water covering:

- Starts – surf dashes and water starts
- Drafting – how to effectively draft, swim in waves, and find the path of least resistance
- Sighting – how to sight, how to use landmarks, when to sight, when not to
- Buoy turns – roll technique, flags and buoys, how to turn in a group
- Finishes – body surfing

### CLINIC DETAILS: Saturday 10th July 2010 (BE QUICK - maximum 50 places available!)

**Where:** Nathan Hale Beach Club, Huntington Bay, New York

**Time:** 8.00am for 8.15am start – 10.45am finish

**Cost:** \$50AUD per person includes Power of Success Online Coaching Program from Shelley (valued at \$177) sent via email

**Bring:** Swimsuit, Towel, Cap, Goggles, Sunscreen, Water and more Sunscreen

All levels welcome! Participants may wear wetsuit, flippers and / or snorkel

### HOW TO ENTER:

All enquiries to Shelley at: [office@championmindset.com.au](mailto:office@championmindset.com.au) or Bob Miller in the USA [miller50@optonline.net](mailto:miller50@optonline.net)

Registration is ONLINE ONLY! At: [www.championmindset.com.au/openwaterswimming.htm](http://www.championmindset.com.au/openwaterswimming.htm)

OR FAX your registration form to Bob Miller at: 631-673-3263

(Faxed orders will slow your registration process down and not guarantee you a place in the workshop)

No cheque payments • No cash payments

Register through the safe online gateway payment system with the above link.

Pre-registration is required to attend. No walk-in registrations on the day of the workshop.



[www.championmindset.com.au](http://www.championmindset.com.au)

NAMES OF WORKSHOP PARTICIPANTS: 1} ..... 2} .....

3} ..... 4} .....

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**REGISTER ONLINE NOW AT:** [www.championmindset.com.au/openwaterswimming.htm](http://www.championmindset.com.au/openwaterswimming.htm)

