



Learn and perfect open water swim skills and techniques featuring:

Moira Horan, StayStrong Multisport - a USAT certified coach and well-seasoned triathlete with more than 15 years of experience in the sport.

Bryan Gleason, an experienced open water swimmer, ocean lifeguard, expert surfer and owner of Surf Costa, an adventure vacation destination in Costa Rica.

Please bring swim, bike, and run training gear with you - wetsuits recommended.

This is the **best** investment you can make in your training and race day preparation.

There is nothing that can take the place of practice and spending time in open water with some of the most experienced athletes and instructors.

Additional ocean clinics will be scheduled and the dates will be announced shortly.

Open Water Swim Clinic

Make the most of the upcoming season

Saturday, July 30th, 2011

7 AM to 10 AM

Location: Long Branch, NJ

For details and sign up, check out:

<http://staystrongmultisport.com/events.htm>



Always a beginner friendly open water swim event

What this clinic has to offer:

- Start with an overview of a typical race day, familiarization with transition area, etc.
- Get accustomed and comfortable with the open water
- Minimum of 45 minutes of in-water time
- Tips and tricks for open water swimming including: proper entry, exiting, sighting, turns, and more
- The chance to practice swim to bike AND bike to run transitions
- Transition tips and tricks



“Tri it! You’ll like it!”

For more information contact: Moira@StayStrongMultisport.com