



January 17 & 18, 2015 (2-day clinic) or January 17, 2015 (1-day clinic)

Held at the Glens Falls High School Pool, USA Certified Triathlon Coach Kevin Crossman presents the most detailed drills and stroke mechanics to improve swimming for triathletes. Coach Kevin, along with his brother Gary Crossman and 4-time Lake George Triathlon Champion and Olympic Qualifier in swimming, Patrick O'Keeffe, will focus on individual needs and the skills required to be a better Open Water Swimmer.

NEW this year...there will be two choices available. The "2-day" group will meet Saturday(8-9:45AM) & Sunday (7:15-9:00AM). This group is geared towards experienced swimmers/triathletes. The second choice will be a "1-day" session, and is for those new to triathlon or individuals seeking to gain more experience. This is offered on Saturday only from 10AM-noon.

Cost for the clinic is \$125 for 2-day/\$70 for 1-day. Each session is limited to 18 participants (this clinic has sold out the past 5 years), so contact Coach Kevin immediately if interested. Email kevin@t3coaching.net to register.

