



# Swim Stroke Clinic

## March 22, 23, & 25 4:00PM – 5:30PM



What do **Olympic Medal Winning Swimmers** like

**Rebecca Soni, Margaret Hoelzer, Ryan Lochte, and Peter Vanderkaay**

have in common **with you?**



*They played other sports besides competitive swimming! (See below)*

Come learn what they did, your hidden potential as a competitive swimmer. Swimming can build your aerobic and strength capabilities benefiting all the sports you play. Athletes are taught stroke refinements, endurance, and given an introduction to competitive swimming.

The sport where no one sits, everyone gets to participate in every meet.

Held at the St. Mary's University Natatorium Pool hosted by Head Swimming & Diving Coach Eric Lindquist, members of the SMU NCAA Div III Men's & Women's Swimming Teams and Winona Swim Club Coaches.



Participants must be able to swim the length of the pool unassisted and uninterrupted.

**Cost is \$25.** Swimmers will receive a voucher good for that same amount off a summer membership with the Winona Water Wizards Swim Club.

**Questions: call 454-7526**

**Margaret Hoelzer**

Three 2008 Olympic Swimming medals (2s, 1b)

Sports Played Before Swimming: Soccer, gymnastics, track, softball

**Rebecca Soni**

Three 2008 Olympic Swimming Medals (1g, 2s)

Sports Played Before Swimming: Gymnastics

**Ryan Lochte**

Six 2004 & 2008 Olympic Swimming medals (3g, 1s, 2b)

Sports Played Before Swimming: Soccer, lacrosse, basketball

**Peter Vanderkaay**

Three 2004 & 2008 Olympic Swimming medals(2g) (1b)

Sports Played Before Swimming: Baseball, basketball

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_ Age: \_\_\_\_\_

Swimming Experience

or Lesson Level: \_\_\_\_\_

Mail with payment to WSC at address below or register onsite the first night - **REGISTER EARLY SPACE IS LIMITED**