



OPEN WATER CLINIC WITH NATIONAL TEAM MEMBER DAVID HERON

In association with TYR

*Want your swimmers' to advance in open water swimming?
Our 2½-hour clinic will help them get the most out of their races.*

Come join 10-time national team member David Heron and learn more about the exciting world of open water swimming. David will share everything from understanding the fundamentals of the sport to those specific details that have allowed him to remain among the best in the nation for a decade.

CLINIC DETAILS

Saturday, March 11, 2023 - 1:00-3:30 p.m.

- Marguerite Aquatics Complex - lane lines will be removed, and buoys used to teach turns/sighting
- Discounted introductory price of \$45/swimmer (discounted from \$125 clinic fees)
- 12 and over competitive, USAS members invited to join

GENERAL SCHEDULE

- 1:00-1:45 pm - Classroom Session: David jumps into the world of open water swimming to talk about everything from open water fundamentals to the elite details of international races.
- 1:45-3:00 pm - Water Session: Practice working through details & drills such as sighting, drafting, buoy turns, feeding, and finishes.
- 3-3:30 pm - Meet & Greet: Signatures and pictures available with David Heron.

Register now at missionviejonadadores.org/events