

# OPEN WATER TECHNIQUE AND TRAINING

Columbia Park, Bay Village, OH  
Intersection of Columbia Rd. & Lake Rd.



## 2010 CLINICS *presented by* Liquid Lifestyles Swimming

Liquid Lifestyles, Inc. • P.O. Box 40268, Bay Village, OH 44140 • info@LiquidLifestyles.com • www.LiquidLifestyles.com

This triathlon season...  
**SWIM WITH COMFORT**  
**CONTROL**  
**CONFIDENCE**

**THURSDAY EVENINGS: 6:30 – 7:30 pm**  
**JUNE 10 – JUNE 24 – JULY 8 – JULY 22 – AUGUST 5 – AUGUST 19 – SEPT. 2**  
(Dates may be cancelled due to inclement weather)

**\$20 Drop-in**

or

***Lake Erie Special – \$100 for all 7 clinics***

With no walls for rest, no black lines to follow, and poor visibility, open water swimming can present challenges to even the most accomplished pool swimmers. Build your confidence and learn the proper techniques to swim open water safely and effectively. Designed for both beginner and advanced swimmers each clinic will focus on basic open water and triathlon racing skills. Included will be the opportunity to practice swimming in a pack, sighting and navigational techniques, passing slower swimmers and being passed, drafting techniques, buoy turns, entry and exit strategies, tempo training and more! There is no substitute for practicing open water – learn how you can enjoy the freedom of continuous movement and be prepared for your next big event!

*\*All participants should be proficient swimming 200yds continuously and comfortable in deep water.*

### WHAT TO BRING:

- Swim Suit
- Goggles (shaded & clear)
- Wetsuit or Thermal Rash Guard for extra warmth (optional)
- Towel
- Swim Caps will be provided

### QUESTIONS / DIRECTIONS:

Contact Leah @ 440.935.1097 / Leah@LiquidLifestyles.com



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**PLEASE BRING COMPLETED FORM TO CLINIC**

All information will be kept confidential and is used solely by Liquid Lifestyles, Inc

**TO BE COMPLETED BY PARTICIPANT: (PLEASE PRINT CLEARLY)**

[Empty text box for name] [Empty text box for date of birth]

PARTICIPANT'S NAME

DATE OF BIRTH

[Empty text box for street] [Empty text box for city/state/zip code]

STREET

CITY / STATE / ZIP CODE

[Empty text box for phone 1] [Empty text box for phone 2] [Empty text box for email address]

PHONE 1

PHONE 2

EMAIL ADDRESS

HOW DID YOU HEAR ABOUT *Liquid Lifestyles, Inc.*?  Referred by friend/family  YMCA brochure  Total Immersion  
 Other (Please specify): \_\_\_\_\_

BRIEFLY DESCRIBE YOUR SWIMMING BACKGROUND: \_\_\_\_\_  
\_\_\_\_\_

WHAT SPECIFIC SWIMMING GOALS ARE YOU HOPING TO ACCOMPLISH IN THE FUTURE?  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION:**

[Empty text box for emergency contact] [Empty text box for relationship]

EMERGENCY CONTACT

RELATIONSHIP

[Empty text box for contact phone 1] [Empty text box for primary care physician] [Empty text box for physician's phone number]

CONTACT PHONE 1

PRIMARY CARE PHYSICIAN

PHYSICIAN'S PHONE NUMBER

[Empty text box for health problems]

PLEASE LIST ANY KNOW HEALTH PROBLEMS, INCLUDING ALL ALLERGIES AND CURRENT MEDICATIONS

**RELEASE FORM LIABILITY:**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in competitive swimming including possible permanent disability and death and agree to assume all risks. As a condition of my participation in the Liquid Lifestyles clinics or any program activities thereto, I hereby waive and release Liquid Lifestyles, its officers, agents or employees, host facilities or any individuals supervising the clinic program from any and all rights, claims for losses or damages of any kind, arising directly or indirectly, from my participation including, but not limited to, all claims for injury, loss or damages caused by the negligence whether active or passive in nature.

[Empty text box for date] [Empty text box for participant's name (print)]

DATE

PARTICIPANT'S NAME (PRINT)

[Empty text box for signature]

PARTICIPANT'S SIGNATURE  
PARENT / GUARDIAN'S SIGNATURE (if signing for a minor)