

# ***OPEN WATER SWIM TRAINING CLASS 1***

***With USA Swimming coaches and Red Cross Lifeguards  
Jeannette Shelow-MacDougall and Tom Ganz***

This 3 hour program is designed to prepare you to swim your best triathlon or first triathlon.

The course will include:

- Mental preparation for race day
- Goal setting
- Pre-race warm up and fueling
- How to plan the swim portion of your race
  - Sighting, drafting, seeding yourself in the pack
- Wet suit selection and tips to put it on and remove quickly in transition (wet suit removal race)
- Swim pacing and training plan basics to meet your goals
- Stroke analysis (video taken from Kayak while in open water)
- Drills with other participants to practice sighting and drafting
- Putting it all together
  - Swim race with all participants
- Injury prevention and cross training
- Informal bike ride to follow, distance to be determined by participant experience (10-30 miles)

We will train as a group with individual attention provided as needed. We will be swimming in beautiful Lake Louse Marie, Exit 110, Route 17. The class is designed for the beginner and experienced athletes looking to get out of the pool away from the black line and flip turns to be better swimmers on race day.

**TIME:** 11:00 am – 2:00 pm  
**Start Date:** Sunday June 5, 2011 and Saturday June 11, 2011  
**Location:** 136 Lake Shore Drive East, Rock Hill, NY  
**Cost:** \$60.00 (\$50.00 for registered members of: HVTC, Toga Multisport, Catskill Mountain Multisport, Team Stilleto & Sullivan Striders.

Class size is limited to 20 athletes to ensure as much individual attention as possible so please sign up early. There is no experience necessary but each participant must be able to swim 800 meters non-stop. If you have any questions please contact Jeannette Shelow-MacDougall at (845) 300-0588 or Tom Ganz at (845) 791-4864. Please fill out the form below and send via email to both of us to reserve a spot!

This event is being sponsored by Catskill Mountain Multisport with coffee, bagels, Hammer Nutrition (HEED and gels), and wetsuit rentals or purchases available.

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone #\_\_\_\_\_

E-mail Address\_\_\_\_\_

Please email to:

Jeannette Shelow-MacDougall (shemacmom@verizon.net)

and

Tom Ganz (t\_ganz@hotmail.com)

136 Lake Shore Drive East

Rock Hill, NY 12775

Once you are registered you will be receiving an email confirmation and medical questionnaire to fill out.

Individual coaching sessions (open water or indoors) available upon request.

Looking forward to training with you!

Jeannette Shelow-MacDougall

Tom Ganz