

# Masters Synchro

## EXPERIENCE

**Sunday Aug15, 2010 at Gig Harbor High School in Gig Harbor Washington  
8:30am-4pm**

### Fitness

*What makes a good fitness program? Let's combine swim conditioning, with strength exercises in the pool, and create a whole new fitness experience!*



### Stretching

*Open up your hips, lengthen your muscles, learn to stretch and recover to get the most out of your routines*

### Technical Elements And Figures

*Perform technical elements to the best of your ability!*

*Work on A, B & C Figures with coaches who will share their expertise.*

### Video Critiques



*See your routine in a new way..through somebody elses eyes!*

### Strength

*Learn new strength exercises that don't require fancy equipment or private trainers. Use your own body to create resistance and train muscles you forgot you had.*

### Fun & Friendship

*Enjoy a day of building friendships and getting to know other Puget Sound Synchro Swimmers*



## For the first time ever!!

A day designed with you in mind.....

bring your swimming friends and enjoy the day training with our enthusiastic clinicians.

All participants are invited to a pre-clinic social on Saturday night! Start off the weekend by meeting your fellow swimmers, and relaxing before a full day at the pool!

This is the perfect opportunity to take the time to perfect the skills all synchro swimmers need to get the most satisfaction out of their time in the water. We will refresh basic skills that are applicable to routine and figure swimming.

Learn how to listen to your body to keep it tuned up and flexible.

Explore new ways of developing strength to maximize your efforts in the pool.



**The Classic Styling of the Olympia Masters Synchronized Swim Team**



Masters Nationals is just around the corner, bring your team mates and share the experience of a whole day building your skills as a swimmer and your performance as a team.

Our guest clinicians have a wealth of information to share.

This is your opportunity to spend time with a veteran of synchro worlds, an expert stroke instructor, and exercise professionals who have accumulated a wealth of knowledge on athletic performance.

In one day, you can transform the way you view your current training, and take away knowledge that can help re-shape a training program for you and your team mates.

Please "Save-the-Date", and spend the day with us in beautiful Gig Harbor for a unique Masters experience.

Fill out the attached registration form, and be prepared for a day that will leave you inspired!



One Day Masters only Clinic  
Sunday, August 15<sup>th</sup>, 9am-4pm  
Hosted by the Pacific Waves Synchronized Swim Team

**Guest Clinicians:**

Kathy Berner Glen

- 14 years on Canadians National A Team
- Competed in 2 World Championships
- Member Of Winning Canadian Sr Nationals Team 6 years in a row
- Coaching since Age15 in the Vancouver, BC area.
- Kathy is a keen technician and loves nothing more than to spend as many hours on figures as her swimmers can endure!

Amy Hunnicutt

- Licensed massage therapist
- owner of "Body Works" massage studio

Wendy Neely

- Coach of Federal Way Masters Swim Team
- Tri-Time Swim Instructor & Founder , "Empowering Adult Swimmers"

**Eligibility:** Must be a Masters registered USSS member

**Registration:** *Registration deadline is August 9th, 2010.* To register, you may complete the registration form and mail with a check made out to:

PWSS  
c/o Amy Churchill  
430 Fox Fire Road  
Fox Island, WA 98333

**Clinic Date:** Sunday, August 15<sup>th</sup>, 8am-4pm

**Location:** Gig Harbor High School Pool  
5101 Rosedale Street NW  
Gig Harbor, WA 98335

**Fee will be varied by size of Team:**

4 or less-\$70.00 each member  
5 or less-\$65.00 each member  
6 or less-\$60.00 each member  
7 or less-\$55.00 each member  
8 or more-\$50.00 each member

Contact Coach LeeAnn at [paulandlee@earthlink.net](mailto:paulandlee@earthlink.net) for more information

or contact by phone at 253 476 1172.

