

LEARN FROM THE BEST!

ATTEND A FREE CLINIC!

Get prepared for the swim stage with 3-time Olympic Gold Medalist Jim Montgomery.

WHAT YOU'LL GET

Each clinic is designed so you walk away feeling comfortable in the water and prepared for an open water swim, whether it is your first time or you have past experience. To ease normal pre-event “jitters” and insure a great swim, one of the best things you can do is know what to expect. These clinics are your opportunity to let Jim check out your goggles, swim cap, and wet suit, if you are wearing one, to insure a comfortable and secure fit. Jim will also answer key questions you might have.

WHAT'S COVERED

- ▶ HOW TO START
- ▶ SWIMMING STRAIGHT
- ▶ BREATHING
- ▶ PACING
- ▶ BUOY TURNS
- ▶ DRAFTING



CLINIC #1

DATE: Thursday, June 11th

TIME: 7PM – 8:45PM

LOCATION: Cooper Aerobic Center @ Craig Ranch

CLINIC #2

DATE: Thursday, June 18th

TIME: 7PM – 8:45PM

LOCATION: SMU Perkins Natatorium

CLINIC #3*

DATE: Thursday, June 20th

TIME: 12PM – 3PM

LOCATION: Marriott Hotel Las Colinas & Lake Carolyn (Open Water)

*** PLEASE NOTE** – The training session associated with CLINIC #3 at Lake Carolyn is limited to only participants registered for the TX TOUGH Open Water Swim & Relay. ALL participants will have the opportunity to pre-swim the courses as part of an “OPEN” practice session from 1PM-3PM. NO EXCEPTIONS

[LEARN MORE ABOUT JIM](#)

[REGISTER NOW FOR SWIM EVENT!](#)