



# Open Water Swim

**Open Water Swim Clinic, November 5, 2016: 10:00 AM to 1:00 PM**

This is a fun and informative clinic for those who want to get useful open water swim tips in a safe indoor environment.

## You will learn...

- ◆ Relaxation skills
- ◆ Safety Strokes
- ◆ Breathing tips
- ◆ Sighting tips
- ◆ In water starts
- ◆ Exiting the water
- ◆ Drafting
- ◆ Swimming in rough water
- ◆ Race day tips (warm-up, wetsuits, where to start, etc.)

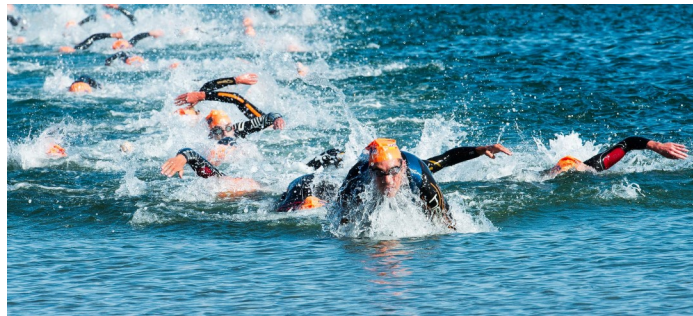


Limited to the first 20 individuals who register.

Please sign-up by emailing Joella at [joella@zoominternet.net](mailto:joella@zoominternet.net) or Mark at [mark.rauterkus@gmail.com](mailto:mark.rauterkus@gmail.com)

Please bring your goggles, swim suit and swim cap.

Joella Baker is a USA Triathlon Youth and Adult Certified Coach. A USA Cyclin Coach and a USA Track & Field Coach. Joella has been racing in triathlons since 1989 and is a 5 time member of the Team USA Long Course Triathlon Team.



Mark Rauterkus, founder of the new Saturday Swim School as a labor of love. Mark has coached more than 10,000 swimmers in his career with 9 seasons as a college coach. Presently coaching at MACS, TPP & Obama.

**Joella Baker, USAT Triathlon Coach**  
**Mark Rauterkus, USA Swim Coach**

**[joella@zoominternet.net](mailto:joella@zoominternet.net)**  
**[mark.rauterkus@gmail.com](mailto:mark.rauterkus@gmail.com)**