

Open Water Swim Clinic Series

Clinic Dates and Associated Events:

April 25-The Rookie Triathlon Swim Clinic

May 2-Skeese Greets Womens Triathlon Swim Clinic

May 23-Capital of Texas Triathlon Swim Clinic

May 30-Danskin Womens Triathlon Swim Clinic

June 13-Varsity Triathlon Swim Clinic

July 3-Couples Triathlon Swim Clinic

July 25-Jacks Generic Triathlon Swim Clinic

August 15-Sweet and Twisted Triathlon Swim Clinic

August 29-Avia Austin Triathlon Swim Clinic

September 12-Red Licorice Events Triathlon Swim Clinic

October 10-Longhorn 70.3 Swim Clinic

Clinic Coaches



Our series is tailored to all abilities. Everything from beginner, intermediate, and advanced individuals. Each clinic corresponds with the race you are preparing for and the distance that you are required to swim in that race. This means that you'll actually get to swim your goal race swim distance.

The Pure Austin Coaching swim clinic series was created to serve the needs of those racing in triathlons and openwater races in and around the Austin area. The Spring fed quarry lake is an optimal location to prepare for your next big triathlon or open water event. The series of clinics will span most of racing season and offer you the opportunity to not only learn about open water swimming, but will also test you while tackling the quarry's private 750 meter swim course. The three hour clinic will start in the classroom and end in the quarry to allow for better retention of the material and plenty of time to put your training to work in the water.

Clinic Prerequisite: Must be able to swim and tread water with confidence.

Check the schedule to find a clinic that falls in line with your goal race.

Clinic Coaches: Shawn Bostad, Mallory Cox, Alex Burbach, and Holly Odom

Location: Pure Austin Quarry Lake. Questions? E-mail-shawn@pureaustin.com

Price: \$40 Members \$45 Non-members. Day of registration add \$5

Start Time: 9:00am-12:00pm To register, please stop by any one of the Pure Austin locations or visit the clinics page at www.pureaustin.com.



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