

## “Professionals in the Water”

Freestyle Clinic at Meadowbrook

### *Every Swimmer Gets a Video Racing a Professional Swimmer*

The clinic will make you a faster, safer, smarter and a more confident competitive swimmer. Regardless if you are a highly recruited high school swimmer, middle school club swimmer, nervous about training for your first triathlon, an USA Triathlon Age Group National Champion or a seasoned ITU Junior competitor, the knowledge and the Fierce-Mindset™ to which you will be introduced on October 14<sup>th</sup> and or October 21<sup>st</sup> will improve your swimming, triathlon training and performance immediately and moving forward.

### Where

The National Collegiate Training Center (NCRC) hosted by NBAC's swimming facilities at Meadowbrook and the adjacent Coppermine athletic facilities at:

**5700 Cottonworth Avenue Baltimore, Maryland 21209**

### When

Saturday, October 14<sup>th</sup> (Swim Only Clinic) 11 AM – 2 PM (rain or shine)  
Saturday, October 21<sup>st</sup> (Full Triathlon Clinic) 11 AM – 2 PM (rain or shine)

### Who

#### **Austin Surhoff**

- Division I Swimming at the University of Texas, 2014 Graduate
- 2x NCAA Champion 200IM, 4 x 100 Free Relay
- 3x Olympic Trials participant, 2x Finalist

#### **Tommy Glenn**

- Division I Swimming at Brown University, 2014 Graduate
- 6x Ivy League Champion 100 & 200 fly
- NCAA All-American, 200 fly
- 2x Olympic Trials participant

**Register at [NationalCollegeRecruitingCenter.com](http://NationalCollegeRecruitingCenter.com)**

### **Jordan Surhoff**

- Division I Swimming at the University of Texas, 2017 Graduate
- 2x NCAA All-American 100 breast, 4 x 50 medley relay
- Big 12 Champion

### **Hunter Lussi**

- Division I Swimming & Cross-Country at American University
- World's Youngest Ironman & Youngest Half Ironman
- 2x USA Triathlon National Age Group Champion
- 2x Time All American, National Team Member

### **Matt Centrowitz, Sr.**

*(October 21<sup>st</sup> Triathlon Clinic Only)*

- 2x Olympian, Gold Medalist in the 1500 Meter Run in 2016
- Coach of 167 Patriots League Champions & 17 Scholar Athletes of the Year as the Head Track and Cross Country Coach of American University for 18 years

### **Mark Smith**

- ITU Clydesdale World Champion 2008 and National Clydesdale Champion 2008
- 5x Ironman, veteran of +100 triathlons
- 5x Chesapeake Bay Swim finisher
- Owner of oldest triathlon equipment supplier in United States, first Cervelo bicycle dealer in United States
- TBI Triathlon Hall of Fame

## What to Bring

Swim suit, wet suit (if you have one – we will have many) & goggles, (cap provided) towel, sweats (could be cold) and rain gear if raining

## Who Should Attend

Anyone who wants be able to swim a faster, safer and smarter triathlon. You will gain information, insights and Triathlon Training Truths™ (T3s™) that will give you great confidence and advantage over your competition and or your fears

**Cost Per Session** Swim Only Clinic October 14 (11 AM to 2 PM)

Parent/Guardian-Child (12 and Over) Both Participating \$80

Juniors (Under 18 – Over 12) \$40

Adults \$60

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