

----- Original Message -----

**Subject:**\*\*\*Masters Clinic Nov '09\*\*\*

**Date:**Wed, 28 Oct 2009 09:50:39 -0000

**From:**Chantal Gibney <EDO2@swimireland.ie>

**To:**Chantal Gibney <EDO2@swimireland.ie>



## Invitation to Swim Ireland Masters Clinic

**Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> November 2009**

*Timetable attached*

**Speaker: Glen Christiansen**

Take the opportunity to learn from and train with one of the world's most experienced Masters swimming coaches, Glen Christiansen. Glen will present on topics such as swimming technique, nutrition, competition preparation and much more. He will also carry out video stroke analysis with Masters swimmers and provide you with ideas on how to get in shape for the World Masters Swimming Championships in 2010, of which Glen is FINA Ambassador of!

**Venue:** National Aquatic Centre, Dublin

**Cost:** €35 one day

€55 two days

*\*World Masters Championship t-shirt: €10*

*\*Accommodation discounts are available at Days Hotel, Parkwest (if booking made through Swim Ireland)*

**Sign Up:** Contact Chantal Gibney in Swim Ireland at [edo2@swimireland.ie](mailto:edo2@swimireland.ie) or 086-3817933. Places are limited and only confirmed once payment has been received.

Sign Up deadline: Friday 13<sup>th</sup> November.

**\*\*\* All Masters swimmers and coaches are welcome to attend! \*\*\***



### What You Will Get:

- ~ Swim technique tips
- ~ Video stroke analysis
- ~ How to prepare for a competition
- ~ Weight training for Masters swimmers
- ~ Seminar on World Masters 2010
- ~ How to stay motivated to train
- ~ And More..

*Full timetable and format to follow. Theory and pool work included*

**About Glen...**

Ranked as number 1 in the world in 1981 in 100m breaststroke (sc). 13 times World Masters Swimming Champion. Has established over 50 World Masters records. Broke new World Masters records for 100m breaststroke in Aug, Sep & Oct 09. Former head coach of Olympic performance centre in Hamburg, Germany. Glen has, among others, coached world record holder and world champion in 1500 freestyle Jorg Hoffmann, world champion in backstroke Antje Buschschulte and European champion in 50m freestyle, Linda Olofsson.

Visit Glen's homepage at [www.glen-christiansen.com](http://www.glen-christiansen.com).