

Virginia Swimming and Poseidon Swimming

Gladly Present

Brendan Hansen

the current world record-holder
in the 100m and 200m breast-stroke events

Come join us for an event of a lifetime
On Saturday, October 7, 2006 from 12-4pm
University of Richmond Robbins Center Pool
CHECK-IN STARTS AT 11:30 am Sharp!

This Clinic Is For All Swimmers!

If you are ages 8 and older and want help in the following areas:

1. All Four Strokes
2. Mental Preparation
3. Overcoming Adversity
4. In-Water Demonstration
5. Life Choices
6. Dry-land Training

Find out how Brendan Became an Olympic Medalist!

This "Swimming Festival" is only \$50. Each registered/paid swimmer will receive an autograph,
an event swim cap, clinic entry and group instruction from one of the best in the World!

Make checks payable & Mail to: Poseidon Swimming
11621 Robious Road
Midlothian, Virginia 23113

For more information or directions call 379-5480 or e-mail Marla Shreve at
psdnewswim@comcast.net

Space is limited to the first 100 swimmers!

Swimmer _____ Age _____

Address _____

Phone Number _____ E mail _____