

Hello Families and Friends, Northern TRIBS Swimming, Inc. is hosting a [Fitter and Faster Swim Clinic at SUNY Potsdam Aug 26](#). **Only 1 more day is left for swimmers to take advantage of our promotional offer to save \$50, expires Aug 1st!** With our special promo code the 11 & under session is \$39 and the 12 and over is \$49. Swimmers of all abilities are welcome to attend! The coaches program is free with a registered athlete. After August 1 enter promo code DROPTIME to save 15%.

Please help spread the word!

Josh

Northern TRIBS Swimming, Inc. is bringing The [Fitter and Faster Swim Tour](#) to SUNY Potsdam on August 26th for a High Performance Swim Clinic taught by 2-time Olympian Chloe Sutton! **SAVE \$50: Use promo code TRIBS-CHLOE (Expires August 1st)**



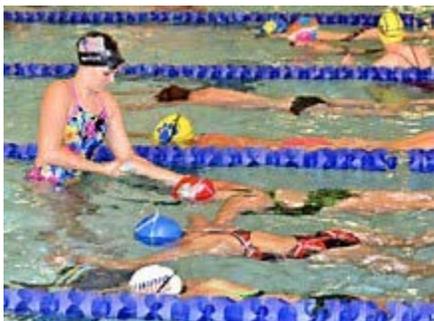
Get off the block and into a powerful dolphin kick to breakout ahead of the competition with **Olympian Chloe Sutton!** Sutton is a 2-time Olympian and 5-time National Champion in both open water AND pool swimming. Sutton represented the U.S. at the 2008 Beijing and 2012 London Olympics. In Beijing at just age 16, she became the first American woman to race in the 10K open water at the Olympics. Four years later, she became the first American to switch from open water to the pool when she competed in the 400 Free. She was a member of Team USA for eight years, but now focuses on teaching the sport. She is also a motivational and corporate speaker when not in the pool. Her approachable personality and positive attitude when teaching perfect technique will give you the confidence you need to swim faster. This clinic will cover starts, underwater dolphin kicking, and freestyle breakouts so that you can **drop time!** Swimmers will leave with better technique and the **motivation** to work harder and swim faster!

There will be two sessions for swimmers of **all ages and abilities**. Sign up for the appropriate session today:

- **Ages 11 & Under:** Saturday, August 26
Check-in: 10:00 AM - 10:30 AM
Event: 10:30 AM - 12:30 PM
- **Ages 12 & Over:** Saturday, August 26
Check-in: 1:30 PM - 2:00 PM
Event: 2:00 PM - 4:00 PM

Space is limited! [Sign up online](#) before the sessions sell out!

CURRICULUM: Starts, Underwater Dolphin Kicking, and Breakouts



This event is your opportunity to take your swimming to the next level. Participants at this event will leave with more knowledge on proper technique, an arsenal of drills to improve form and strength, and inspiration to last the whole season. Don't be left behind!

- **STARTS:** Set the tone for a great race with a powerful, streamlined and fast start. There are countless intricacies to performing a great start and you only get better with practice. Learn Chloe's tips to get off the block and into the water with speed and power!
- **UNDERWATER DOLPHIN KICKING:** The fastest swimmers know how to weaponize their dolphin kicking. It is absolutely, undeniably, the fastest way to move through the water! Whether you dolphin kick on your stomach, side or back, understanding the importance of streamlined, underwater speed is vital for every swimmer! Let Chloe teach you how to make the most of your streamline and underwater kicking, as well as teach you drills on how to improve upon those skills.
- **BREAKOUTS:** It is SO important to be able to take the speed off of each wall and carry it into your swimming. Learn how to explode into your breakout with a streamlined and powerful first stroke. Efficiency is key in learning the optimal breakout technique.

ASK QUESTIONS: Swimmers and parents are invited to ask Chloe Sutton questions during a Q&A session. Hear her talk and gain insight into her training regimen, diet and nutrition, and recovery tactics.

WATCH THE CLINICIAN: Observe Chloe swim at full speed and demonstrate a progression of perfectly executed drills to achieve powerful, efficient and fast stroke.

PRACTICE DRILLS: Learn the same drills that Chloe practices every day as well as what she thinks about when she swims. Then get the chance to practice them and get feedback!

Take a photo while wearing clinicians' medals, get autographs, and receive a special gift from our sponsors!

Inquisitive, Educated Swimmers are Faster Swimmers! [Sign up TODAY!](#)

COACHES:

There are spots available in the hands-on [coaches program](#). If you are interested in meeting and working alongside our elite clinician during the clinic, please click the register button for the coaches program.
