



F.A.S.T- Fitness and Sports Training -262.719.7893- dwightsandvold@yahoo.com

Dwight Sandvold Hosts...

Swim Coaching Clinic for Triathletes

Is your swimming lagging behind your running/biking?
Are you winded after two pool lengths?

You will receive:

- Personal Coaching
- Drill Practice
- Open-water technique practice
- Personal homework via e-mail

Dates: Saturday, February 11th: 1-3:30pm
Saturday, March 17th: 1-3:30pm

Location: University of Wisconsin Whitewater
(Just 20 min. South of the Oconomowoc Exit!)

Fee:
\$50.00 per individual for 1 session and \$90.00 for 2. (10% of proceeds go to Racers Against Childhood Cancer)



Dwight Sandvold is a veteran of over 120 triathlons including Kona, and has been a head swim coach for over 7 years. He will be assisted by Jessica Diel who has 10 years of coaching experience and has participated in numerous national competitions during the course of her personal swimming career.

Name _____ Phone _____ Date of Birth _____

Address _____ State _____ Zip _____

Yrs. Tri Experience ___ Longest Training Swim _____ yards

Please list any medical conditions that may affect your training:

I realize that training for swimming is physically demanding and release F.A.S.T, LLC from liability for injuries/conditions that may occur as a result of my participation.

Signature: _____ Date: _____

*Payment is due prior to the first session and is non-refundable. Please make check payable to F.A.S.T P.O. Box 314 Dousman, Wi 53118 or access PayPal through www.fastandyou.com