



## Upstate Louisiana Open Water Clinic & Swim

Shreveport and Stonewall, LA, Saturday-Sunday, May 30-31, 2009 -

Saturday, May 30 Clinic at LSUS and Stonewall

8 am - 4 pm

Sunday, May 31 Open Water Swim Competition in Stonewall

8:30 am check-in, 9:00 am start

Sign up for the clinic, swim, or both!

Sanctioned by:

Louisiana Swimming, Sanction # pending

Southern Masters Swimming, for United States Masters Swimming, Sanction # pending

### **Open Water Clinic Saturday, May 30:**

Long-distance Swimmer, Coach, and Author

~Marcia Cleveland~

Marcia has swum around the island of Manhattan (28.5 miles), across the English Channel, the Catalina Channel (21 miles), the Chicago City Limits & many other amazing Open Water Swimming feats! (be sure to ask her about the Across Niagara Swim). She is a mother of two and severely hindered by a humorless brother.

~Kirsten Groome~

Kirsten was the US 10K National Champion in 2008 and earned berths on the 2006 & 2008 US Open Water World Championship Teams. She also won the 10K at the 2007 FINA World Cup. She has traveled to Brazil, Spain, China, Canada, and Italy for open water swimming. She will leave her 10-year old toy poodle Angel this summer when she enrolls in Southern Illinois University, potentially to study forensics (turn any skeletons over to her).

**Location and Schedule:** Morning at LSUS and Afternoon at Fox Glen Lake (directions on next page)

8:00 am check in at LSUS

8:30 am start

- Individualized Underwater video recording
- Drills for breathing, buoy turns, swimming straight
- Lots of personalized attention by our staff
- Lunch!

12:00 – wrap up at LSUS and head to the lake

1:00 pm -4:00 pm: drills on sighting, water entry, water exit, swimming in a crowd, adverse conditions, and more!

We will be outside in the afternoon at Fox Glen lake, where the open water swim competition will be held on Sunday. All participants will receive a copy of the underwater footage as well as a review of drills.

\$ Registration fee for the Clinic ONLY is \$30

\$ Entry fee for the Open Water Swim ONLY is \$30

\$ Registration and entry for both the clinic and swim is \$50.

*Read on for details about the swim, directions, particulars*

## **Open Water Swim Competition Saturday, May 30:**

**Location:** Fox Glen Lake in Stonewall, LA (see directions below)

**Event:** There is the option of swimming one of 4 distances: 1 kilometer, 2 kilometers, 3 kilometers, and 5 kilometers.

- Anticipated water temp: 78° to 82°F
- First Race Starts at 9:00 AM
- Pre-race briefing approximately 8:50 AM

**Check-in Closes at:** 8:30 AM

**Eligibility:** All swimmers MUST be registered with United States Swimming or USMS. **Entries submitted without a LEGIBLE COPY of your 2009 registration may be returned.** To register for USMS online, visit [www.usms.org/reg](http://www.usms.org/reg) or <http://www.redrivermasters.com/USMS%20Registration.html>

It is possible to register for USMS with a one-event registration for \$10.00. This registers the participant for this event, but no USMS swim workouts or other USMS events during 2009. Full year registration for USMS is \$40. Checks for the USMS registration should be payable to "Southern Masters Swimming."

**Rules:** Current 2009 US Swimming and USMS rules will govern.

**Wetsuits:** Wetsuits are permitted. However, participants wearing wetsuits are NOT eligible for race winner awards.

**Safety:** For safety reasons, swimmers who cannot complete their chosen distance in one and a half (1.5) hours (90 minutes) should NOT enter. Swimmers still on the course after the time limit may be stopped and listed as DNF in the results.

In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race.

There will be canoes/kayaks on the race course and medical personnel on shore. Each swimmer must wear the swim cap provided for visibility.

**Race Start:** Each distance will start in a wave start. The 5 kilometer race will start first, followed by the 3 kilometer race, the 2 kilometer race and then the 1 kilometer race.

**Age Groups:** For Masters:18-24, 25-29, 30-34, etc. in 5 year increments, as high as necessary for both men/women. For US Swimming: 13-14 and 15-18.

**Awards/ Social:** There will be participation awards and race winner awards. There will be food served.

### **IMPORTANT INFORMATION ABOUT BOTH THE CLINIC AND COMPETITION**

**Entries/Registration:** All entries and registrations must be RECEIVED by Thursday, May 21, 2009.

Entry fees are:

- \$30.00 for the clinic only
- \$30 for the swim only
- \$50 for the clinic and the swim

A participation award and food are included in your fee.

Late entry fee is \$10.00 added to the total and may not include a participation award.

Checks for race entry should be payable to "Red River Masters."

**Directions:** LSU-Shreveport is located south of the Bert Kouns Industrial Loop between Youree Drive (LA 1) and East Kings Highway. The pool is in the southeast side of campus. Specific directions, contact us or visit: [http://www.redrivermasters.com/rrm\\_pool.html](http://www.redrivermasters.com/rrm_pool.html)

Fox Glen, a private spring fed lake in Stonewall, LA. Stonewall is about 10 miles south of Shreveport. Take I-49, Exit 191-Stonewall, Go East (left back under the freeway if traveling from Shreveport OR right if traveling from the south) on Hwy 3276 for 3 miles, at big right/south curve in the paved road TURN LEFT/North onto a dirt road. Another LEFT about a quarter mile down this road accesses the lake area. Park in the upper parking area by the barn and walk down to the lake. Look for signs!

**Please bring your own chair if you would like to sit in a chair to eat or rest before or after the clinic and/or race.**

#### **Clinic and Race Director Contacts:**

Janet Martin, (318) 208-0857 [jmartin108@msn.com](mailto:jmartin108@msn.com)

Bill Cleveland, (318) 868-6165 [info@redrivermasters.com](mailto:info@redrivermasters.com)

