



SWIMMING CLINIC

Freestyle Technique

&

TRX Suspension Training

with

Kari Woodall

**Selected for 5 US National Teams*

**US National Team Captain*

**5 Time NCAA Individual
All-American (50, 100, 200 FR)*

**Professionally Sponsored Athlete*

**11 Years Experience as Division I
Swimming Coach at UNC,
Northwestern, & UW-Madison*



Who: Triathletes & Masters Swimmers

Why: Improve Freestyle Technique for more Efficient Training & Racing

When: Sunday, April 18th, 10am-1pm

Where: McFarland High School Pool

Fee: \$60, includes TRX Suspension Training demonstration

RSVP: Reserve your spot by emailing your Registration Form & Mailing payment

For more Swimming & TRX Training options, visit
www.WoodallTraining.com

