

GARRETT WEBER-GALE
Two-Time Olympic Swimming Gold-Medalist!

ATHLETICFOODIE SWIM CLINICS



**Join us August 9th, 2014 at the downtown Appleton YMCA
218 E. Lawrence Street Appleton, WI 54911 P 920.739.6135**

For a fun and informational clinic with Olympian Garrett and Athletic Foodie!

The clinic will start at 9:00 am August 9th and will last approximately three hours. Cost is \$40 an athlete (price decreases with larger enrollment). To register please email Angela Monty amonty@ymcafoxcities.org

Clinic will include: talk about training, nutrition, and Garrett's experiences, a detailed presentation and tips on how to improve strokes, swimming with Garrett, and a Q&A session.

For more information about Garrett and AthleticFoodie, visit www.athleticfoodie.com

*Note that each clinic is different and custom designed to fit specific venues, therefore some of the clinic features listed on his website may not be applicable to our clinic.