



Freestyle Swim Technique Clinic

Fundraiser for Nancy Sterling- Sunday Feb. 1st 9am-12noon

How would YOU like to swim FASTER with less effort? Masters World Record Holder **Karlyn Pipes-Neilsen** will be hosting a fundraiser in honor of Dogfish Masters coach & swimmer Nancy Sterling. Nancy is fighting an epic battle with ALS (Lou Gerhig's Disease). **Proceeds from the clinic will go to help cover medical expenses.**

The benefits to taking an Aquatic Edge clinic are many:

- Learn the techniques used by **top triathletes and Olympians**
- The teaching methods used are **simple** and easy to understand
- After just one clinic you will swim **faster with LESS effort**
- Training tips and recovery suggestions will also be provided

Location: Mid-Shore YMCA, 715 S Schumaker Dr Salisbury, MD 21804 (410) 749-0101

About Karlyn Pipes-Neilsen: Regarded as one of the best swimmers in the world, Karlyn is 2008, 2007 & 2004 World Masters Swimmer of the Year, has been inducted into the Int'l Masters Swimming Hall of Fame and to date has set over 200+ Masters World records. Visit www.aquaticedge.org for a complete bio or more information.

Minimum DONATION of \$95...more would be graciously accepted and appreciated.

Please support this event and tell your friends!!

Send registration with check made payable to **"Nancy Sterling"** to: Nancy Brown, 424 Riverside Dr. Pasadena, MD 21122. **Questions?** Nancy Brown nancygeoff@verizon.net

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Nancy Sterling Fundraiser - Super Bowl Sunday, February 1st from 9:00 am – 12 noon

First Name: _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

Age: _____ Level of swimming: beginner intermediate masters multi-sport

Identify one goal for the clinic: _____

MIN. DONATION of \$95 per person Hurry space is limited! Amount Enclosed: \$ _____

Checks payable to "Nancy Sterling" to: Nancy Brown 424 Riverside Dr. Pasadena, MD. 21122

Yes! I would like to **pre-order Karlyn's GO SWIM FREESTYLE DVD** for \$35 (save \$5). Please pay for DVD by including a separate check made payable to "Karlyn Pipes-Neilsen." DVD's will also be available at clinic for \$40