



WILL BE  
HOSTING THE



**Come meet TWO Olympic Swimmers**  
*Josh Davis and Lacey Nymeyer!*

Get autographs, take photos, ask them questions  
and receive a **BREAKout** T-shirt, poster, DVD, and other souvenirs!

**SUNDAY JULY 11<sup>TH</sup> FROM 12:00-4:00 PM**  
(please arrive by 11:45am to sign in)  
**AT THE ASHBURN VILLAGE SPORTS PAVILION'S OUTDOOR POOL**

During the 4 hour **MUTUAL OF OMAHA BREAKOUT! SWIM CLINIC** you will:

- Get to meet and work with two world class athletes: **Josh Davis** (1996 and 2000 Olympics) and **Lacey Nymeyer** (2008 Olympics) and learn champion performance techniques
- Receive small-group personal instruction in the water on all four strokes
- Understand how your body, mind and heart affect your swimming

**THE COST IS \$50 PER PARTICIPANT** and will include lunch (we only have room for 70 participants). Sign up now to secure your spot! (The clinic is for ages 8 & older for swimmers with at least one year of swim team experience)\*\*There will be NO refunds if the pool needs to close due to inclement weather\*\*

If you have additional questions, please email [coachkira@pvbluewave.com](mailto:coachkira@pvbluewave.com) or call 703-729-0581 x108

**Please RSVP with check (made payable to BWST) and mail to the Ashburn Village Sports Pavilion by June 1<sup>st</sup>:**

Blue Wave Swim Team  
20585 Ashburn Village Blvd.  
Ashburn, VA 20147

(print and cut here and attach with check)

**RSVP slip**

NAME OF PARTICIPANT(S) \_\_\_\_\_

By participating in the Mutual of Omaha Breakout Swim Clinic, each participant and his/her parent/guardian agree that the Mutual of Omaha Breakout Swim Clinic and Mutual of Omaha and the Blue Wave Swim Team have the right to use their images in connection with the promotion of the Mutual of Omaha Breakout Swim Clinic and/or the sport of swimming.

Parent Signature x \_\_\_\_\_