

Local swim clinics for USA Registered swimmers provide opportunities to spur interest and growth in the sport:

Fitter & Faster Tours offer a chance to meet Olympic swimmers and work on technique. See

<http://www.swimchampions.com/detail/long-island-ny/>

for details and registration on upcoming sessions, such as April 25th session at Eisenhower Aquatic Center, if interested. Special Rates for Sachem Swimmers:

Attention Sachem Swimmers-

The Fitter & Faster Tour is coming to the Nassau County Aquatic Center at Eisenhower Park on Sunday, April 25, 2010 and you don't want to miss the swimming opportunity of a lifetime. Olympic Gold Medalist **Mark Gangloff**, National Champion and former World Record Holder **Hayley McGregory** and Olympian, and first African to win a Gold Medal for swimming, **Ous Mellouli**, will be here ready to swim with you!

Swimmers will have the chance to **Learn** from the best, **Hear** their stories, **Hold** their medals, and of course **RACE the Olympians. We want to have a great showing at the event!**

We are receiving a special discount for the event! When you register from the link below, enter "sachem" when prompted for the promo code. The code is valid until February 10th at 5pm, so register soon to make sure you save \$10 when you register.

All participants receive a gift bag with a Speedo t-shirt, event program, TYR swim cap, and samples from great companies like Powerbar and Chocolate #9! Parents and supporters are also encouraged to attend for free with their swimmers participation.

This is a high-energy, fun, upbeat event designed to get you in the pool with the stars of the sport.

Here is a link to the event page: <http://www.swimchampions.com/detail/long-island-ny/>

If you have any questions call Allison at 786.837-6880 ext 301.

We look forward to seeing you there!

Long Island Premier Sports Camp is offering a swim camp from June 28 to July 1 at SCC Brentwood Campus.

See [LIPSC](#) for details and registration if interested.

See Bulletin Board at North for more including Summer Camp at West Point.