

Attention all Triathletes!

We are going to 'tri' something new and offer a lap swimming time where we will have a tri coach available for your use. She will have an ez, medium, and hard workout written (if you would like) and will be available to help with stroke technique and help to develop your swimming no matter what level you are at! This will be offered on Monday nights over the summer during our lap swim from 7-8pm. Normal open/lap swimming fees apply. Come one, come all to Monday night lap swimming. This would be a great time to get together with all the local triathletes to train together and get better together!

Here is a little information about our leader :-), Sam Williams, former Jenison student/swimmer/water polo player, and current triathlete, "I have been swimming for 16 years and I graduated from Jenison in 2004. I swam and played water polo through high school and since graduating have competed in triathlons, a 1.75 mile lake swim, and a 100 mile bike ride around Lake Tahoe. For the past year I have been coaching the "Team in Training Triathlon Team" (in the swimming portion) which benefits the Leukemia & Lymphoma Society. I currently teach swim lessons and coach the Jenison Age Group Swimming Team at Jenison."

Sam and I hope to see you at the pool beginning Monday, June 8, at 7pm! Thanks, Jen and Sam