



FOR IMMEDIATE RELEASE

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Area Swimmers Invited to Train with Olympians at University of Saint Joseph

WEST HARTFORD, CT (July 24, 2013) – Get in the swim of things at the University of Saint Joseph's **Blue Jay Swim Camp** and **Mutual of Omaha BreakOUT! Swim Clinic** featuring Olympic gold medalists Kate Ziegler and Matt McLean. Registration is required. Both will be held at the University's O'Connell Athletic Center at 1678 Asylum Avenue, West Hartford.

- **Stroke Technique and Training Swim Camp** – Monday, August 12 – Friday, August 16 from 9:00 a.m. – 4:00 p.m. Registration fee is \$275 (includes participation in the **Mutual of Omaha BreakOUT! Swim Clinic**). Open to ages 10-18. Register at http://www.usjbluejays.com/Swim_Camp.pdf
- **Mutual of Omaha BreakOUT! Swim Clinic** – Friday, August 16 from 1:45 p.m. - 5:45 p.m. Registration fee is \$75. Open to ages 8-18. Register at <http://www.usjbluejays.com/breakout.pdf>

Swim Camp and **Mutual of Omaha BreakOUT! Swim Clinic** are open to swimmers who are in a swim training program. The camp features a stroke of the day, dry-land training exercises for swimmers, and two in-water sessions: a morning session focusing on stroke technique, and an afternoon session addressing endurance and interval training. Additional workshop topics include goal setting, mental toughness, NCAA-bound swimmers, and sports nutrition. Parents and coaches can watch. Camp and clinic participants receive a t-shirt and other souvenirs.

For more information contact Leandra Manos, M.Ed., head swimming coach and aquatics Director, at lmanos@usj.edu

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The University of Saint Joseph (USJ) offers a wide range of graduate, undergraduate, and certificate programs that combine a professional and liberal arts education with a focus on service. Coeducational graduate master's and doctoral degree programs are taught on the University's two campuses in West Hartford and Hartford, Connecticut; at off-campus locations throughout the state; and online. Undergraduate programs for women and

for coeducational adult students take place on our beautiful suburban campus and include more than 22 majors and six pre-professional programs, each of which provides personal attention in a caring environment. Founded in 1932 by the Sisters of Mercy, the University of Saint Joseph welcomes students from diverse backgrounds and religious traditions. To learn more, view our website at www.usj.edu.

OFFICE OF MARKETING AND COMMUNICATIONS

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