

FOR IMMEDIATE RELEASE  
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GENERAL INFORMATION  
Club Name: North Coast Swim Club  
Phone:  
Website: <http://www.eteamz.com/ncscdolphins/index.cfm>

**PLEASE PASS ALONG TO YOUR SWIMMERS AND PARENTS:**

## **MUTUAL OF OMAHA BREAKOUT! SWIM CLINIC**

**9/12/08**

**\*\*PRESS RELEASE\*\***

### **Local Swimmers to Have Opportunity to Learn From Olympians**

(ASTORIA, OR) – Astoria area athletes will have a unique chance to enhance their competitive swimming skills by working with two swimming champions, Josh Davis and Ben Wildman-Tobriner. The North Coast Swim Team is pleased to announce that that they will host a Mutual of Omaha Breakout! Swim Clinic on Sunday, October 19, 2008 at the Astoria Aquatic Center pool located at 1997 Marine Drive in Astoria.

The Mutual of Omaha Breakout! Swim Clinic is a unique experience developed by Olympic gold medalist Josh Davis and Mutual of Omaha to inspire and motivate a new generation of swim stars. As an official sponsor of USA Swimming, Mutual of Omaha actively supports the sport on all levels, from local clubs across the country to the National Team. Davis, who earned three gold medals in the 1996 Olympics and two silver medals in the 2000 Olympic Games, is a master clinician and motivational speaker.

The event is a four hour in-water stroke technique clinic from 1:00 p.m. - 5:00 p.m. for ages, 8 to 18 year olds. The cost is \$50 per swimmer. The swimmers will hear inspiring messages from Olympians Josh Davis and Ben Wildman-Tobriner. Immediately following, they will hit the water with Davis and Tobriner for in-water demonstration and instruction on swim strokes and techniques. Some participants may even have a chance to test their strokes in a race against the Olympic champions. Concluding the event, the swimming champions will be available for autographs and photos.

Registration for the Mutual of Omaha Breakout! Swim Clinic is currently open. To register, contact Jo Christie by phone at 503-298-7934 or E-Mail [ncsc97103@yahoo.com](mailto:ncsc97103@yahoo.com) or send payment with registration form below. Deadline is Oct. 10<sup>th</sup>, 2008.

### **About Josh Davis**

In 1996, Josh Davis made history as the only man in any sport from any nation to win three gold medals at the Atlanta Olympic Games. Davis made his second Olympic appearance in the 2000 Games in Sydney, where he was elected captain of the USA Men's Swim Team and took home two silver medals. He went on to break the American record three times in the 200-meter freestyle. After two Olympics and five medals, Josh has established himself as an ambassador for the sport and is pioneering the road for the next generation of professional swimmers.

### **About Ben Wildman-Tobriner**

At the 2006 Nationals, Wildman-Tobriner, finished second in the 50-meter freestyle to earn a spot on the 2007 World Championships, where he went on to earn his first World Championship title in that event. Wildman-Tobriner also took gold in the 400-meter freestyle relay at Worlds and at the 2007 Nationals, he earned gold in the 50-meter freestyle and silver in the 100-meter butterfly. He is currently ranked among the world's fastest freestyle sprinters.

### **About Mutual of Omaha**

Mutual of Omaha is a full-service, multi-line organization providing insurance and financial products for individuals, businesses and groups throughout the United States. For more information about Mutual of Omaha, visit [www.mutualofomaha.com](http://www.mutualofomaha.com).

For more information on the Mutual of Omaha Breakout! Swim Clinic, visit [www.breakoutswimclinic.com](http://www.breakoutswimclinic.com).

*Photo and video opportunities will be available during the clinic. Davis and Tobriner will be available before/after the clinic for interviews.*

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### **Mutual of Omaha Break-Out Swim Clinic REGISTRATION FORM**

**Name** \_\_\_\_\_  
**Address** \_\_\_\_\_

**Please make payment to NCSC and mail to:**

**NCSC / Swim Clinic  
PO Box 1191  
Astoria, OR 97103**