



TRI-STATE REGIONAL TETRATHLON/PENTATHLON PREP CLINIC

START THE TETRATHLON WEEKEND ONE DAY EARLY AND JOIN US FOR A TUNE-UP BEFORE THE
REGIONAL RALLY STARTS ON SATURDAY
COME TO ST. CLAIR STABLES AT **10 AM ON FRIDAY, JUNE 12**

*Call or email us for camping or hospitality opportunities to save on hotel bills
There will be lunch available at the grounds for participants
Cost for the day will be \$25 per prep clinic participant*

JOIN OUR CLINICIANS

SAM SACKSEN

- 2008 OLYMPIAN IN MODERN PENTATHLON
- 2004 TETRATHLON INTERNATIONAL EXCHANGE
- 2004 USPC TETRATHLON NATIONAL CHAMPION

SUZANNE STETTINIUS

- USA PENTATHLON SENIOR NATIONAL TEAM
- COMPETED IN 2008 JUNIOR WORLD CHAMPIONSHIPS IN CAIRO, EGYPT

RACHAEL SACKSEN

- USA PENTATHLON JUNIOR NATIONAL TEAM
- COMPETED IN 2008 JUNIOR WORLD CHAMPIONSHIPS IN CAIRO, EGYPT

NORM FLAM

- LIGONIER FENCING

PARTICIPATE AND GET IN INSTRUCTION IN:

SHOOTING

- SPEND THE DAY IN A RELAXED SETTING WITH A LAST MINUTE SHOOTING TUNE UP
- GET SOME POINTERS FROM SEASONED ATHLETES
- MAKE SURE YOUR PISTOL IS WORKING BEFORE SATURDAY'S RALLY
- REVIEW THE BASICS.

RUNNING

- LOOSEN UP AND JOG THE RUNNING COURSE WITH OUR CLINICIANS

- PICK UP ON TRAINING TECHNIQUES AND STRETCHING ROUTINES

RIDING

- PRACTICE THE SLIP RAIL AND GATE
- PRACTICE YOUR JUMPING WITH AN INSTRUCTOR ON SITE

SWIMMING

- LOOSEN UP AND PRACTICE YOUR STROKE
- TUNE UP YOUR STARTING BLOCK AND FINISH TECHNIQUES

FENCING

- JOIN THE LIGONIER FENCING CLUB FOR THEIR REGULAR FRIDAY PRACTICE SESSION TO PREPARE FOR THE SUNDAY MORNING FENCING COMPETITION
- CHECK OUT YOUR EQUIPMENT
- RECEIVE A PRIVATE OR GROUP LESSON
- PRACTICE YOUR BOUTING

SIGN UP INFORMATION: (please fill out as via reply to email or cut and paste)

NAME _____

CLUB AND REGION _____

AGE _____ GENDER _____

EMAIL: Parent and participant _____

PHONE _____ CELL _____ OTHER _____

PARENT OR ACCOMPANYING ADULT _____

CELL PHONE _____

Questions or comments—feel free to email to sacksen@zoominternet.net or call Joach sacksen at 814 442-2479 (cell) or 814 352-8864 (home)

We look forward to seeing you in Ligonier on the 12th!