



**Born to Swim Clinic with Sabir Muhammed Sunday, April 21, 2013**

## **Born to Swim Clinic Sunday, April 21, 2013**

The Diversity Committee of Potomac Valley Swimming is pleased to offer an invitation to join us in promoting diversity in swimming along with other community partners on Sunday, April 21, 2013. The goal of this event is to create a positive environment that empowers, motivates and educates swimmers from a diverse background to continue in the sport and reach for their goals.

**LOCATION:** PG County Sports and Learning Complex, 8001 Sheriff Road, Landover, MD 20785 in the Town Hall Room

**ELIGIBILITY:** This event is open to all levels of swimmers that are able to swim 25 yards unassisted to participate in the one day clinic. You must register your child for this event. Registration is due by April 8<sup>th</sup>. The first 100 registrations will be accepted to participate. Snacks, prizes and give-a-ways will be given.

**REGISTRATION:** Form is attached, please print clearly and return the form, via email, to Michelle Jordan at [mjordan152@theresabanks.com](mailto:mjordan152@theresabanks.com).

**TIMELINE/SETUP:** Sunday, April 21<sup>st</sup>. The event will go from 10:00am – 2:15pm and will progress as follows:

Time	Item
10:00am– 10:15am	Check in and Registration Swimmers
10:20am– 11:15pm	Introduction, Welcoming by Sabir Muhammad and Questions
11:20am– 1:20pm	Hit the Water (Stroke, Turn and Dives Sessions) with four stations for each stroke Each station will go 15 mins with in the water instruction with 5 min transitions. There will be four in the water stroke stations at the event that participants will rotate through: Freestyle, Breaststroke, Backstroke and Butterfly working on stroke technique, starts and turns.
1:20pm– 1:25pm	Select group (by drawing) of participants will be able to race Sabir Muhammad in a 50 yard freestyle race.
1:25pm– 2:15pm	Photos and Autographs

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**Sabir Muhammad** (born April 14, 1976 in Louisville, KY) is an American swimmer. He represented the USA in international competition as a butterfly and freestyle swimmer. Sabir graduated from Stanford University in 1998. Sabir finished his collegiate career with 7 Pac-10 championship titles, 25 All-American honors and 3 NCAA, US Open and American Records. Sabir graduated from Stanford as an Academic All-American with a degree in International Relations. Sabir holds an MBA from Goizueta Business School at Emory University. In 2000, he competed in the Short Course World Championships held in Athens, Greece winning both silver and bronze medals. At those world championships, Sabir became the first African-American to win a medal at a major international swimming competition. He has broken a total of 10 American Records in his career. He is a two time Short Course World Championship medalist, a four-time US Open champion, a five-time World Cup Swimming Champion and a two-time runner-up at US Nationals.

Sabir has been an advocate for swimming in multicultural communities for nearly 15 years. In 2003, he helped found a learn-to-swim program with the Boys and Girls Clubs of Metro Atlanta that eventually became a pilot for USA Swimming's Make a Splash Program in 2007.

### Questions?

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