

# ATHLETICFOODIE SWIM CLINICS

“Swimming is my sport, but my passion is helping people find success in the pool and in life. The clinics do just that. They are about getting all the little things right to help you reach top performance and find your healthiest self.”

## **WHAT PEOPLE ARE SAYING:**

“GWG really connects with kids of all ages and ability levels. What a memorable experience for our athletes, staff, & parents!”

“I was blown away . . . Anyone can put on a clinic but it takes someone special to go above and beyond like Garrett did. The kids loved him and they gained so much from the clinic!”

***Still need convincing?  
More information and  
testimonials on back!***



## **WHAT IS AN AthleticFoodie SWIM CLINIC?**

An opportunity to significantly improve your training and racing skills. A chance to learn how better nutrition translates into better performance. Fun!

- 1** A 20 minute cooking demo by Garrett
- 2** Swim clinic by Garrett with a presentation, time in the pool with the kids, Q&A session, plus pictures, autographs, and medal viewing
- 3** Presentation by one of our contributing AF nutritionists plus Q&A
- 4** Presentation with an Olympic parent on raising an Olympian plus Q&A session
- 5** Athletic Foodie swag for kids and adults. Performance bag tags. Team USA prizes.

**INQUIRE  
FOR BOOKING**

hello@AthleticFoodie.com  
512-222-8961

**“ THE ATHLETICFOODIE SWIM CLINIC FOCUSES NOT ONLY ON THE SWIMMING PORTION OF BEING SUCCESSFUL, BUT ALSO ON THE LITTLE THINGS OUTSIDE THE WATER THAT GO INTO CREATING A CHAMPION. WE FOCUS ON WORKING WITH PEOPLE TO SEE THE BIG PICTURE OF ATTAINING DREAMS, NOT JUST HOW TO FIX YOUR STROKE. ”**

***-GARRETT WEBER-GALE***

**“**

Our clinic with Garrett was a fantastic way to kick off our season. Garrett's tips on hydration and diet made a big impact on both swimmers and parents. GWG really connects with kids of all ages and ability levels. What a memorable experience for our athletes, staff, and parents!

**Bob Button**  
**Coach, Mansfield Aquatic Club**

I whole-heartedly recommend Garrett's swim clinics. Garrett is positive and passionate in all areas of his life, and that excitement captures his audience. His knowledge and commitment in the areas of swimming, food and healthy lifestyles, when coupled with his approachability, allows him to connect with children and adults alike. Garrett epitomizes the spirit of a champion while demonstrating genuine care for others.

**Christie Gaderson**  
**Swim Parent**

Garret's talk was truly inspirational to our whole team. Our athletes were left with not only the desire succeed in the pool, but the will to become better, all around healthier, athletes. I would recommend Garrett to any club.

**Steve Keller**  
**Head Coach, Oz Aquatics**

I was blown away by the clinic that Garrett put on for our team. He truly cares about teaching and connects with each swimmer. Anyone can put on a clinic but it takes someone special to go above and beyond like Garrett did. The kids loved him and they gained so much from the clinic!

**Matt Marchant**  
**Assistant Head Coach, Lone Star Aquatic Club**

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***LET'S SCHEDULE A DATE!***

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**512-222-8961**

**ATHLETIC** *foodie*™  
LET'S LIVE A HEALTHIER LIFE

**w w w . a t h l e t i c f o o d i e . c o m**