



SOUTHWEST SPORTS INSTITUTE

SWSI Cycling Clinic

Learn from the pros and get a jump on your summer riding. Clinic focuses on performance through educational clinics and riding skills with local pro riders.



PRESENTATIONS

Successful Coaching

-Damian Calvert, *Pro MTB Rider, 8x State Champion*

Injury Prevention and Performance

-Lawrence Herrera, *PES, CPT, MTB Rider*

Importance of Sports Nutrition

-Becky Freeman, *MS, RD, LD, CSCS*

**A
M**

RIDES w PRO CYCLISTS

Road Skills, *Damian Calvert*

MTB Skills, *Dax Kastrin*

**P
M**

APRIL 5, 9AM-4PM

\$125+TAX

SWSI: ABQ, NM

505.344.3600

REGISTER AT ACTIVE.COM OR SWSINM.COM

**LIMITED TO
40 SPOTS**