



ROWDY'S KIDZ CLINIC REQUEST FORM

Swim Clinic Format

A Rowdy's Kidz clinic is for all swimmers, ages 8 and older and covers the following areas:

- In-Water Demonstration
- Mental Preparation
- Overcoming Adversity
- Life Choices
- Dry-Land Training
- Rowdy's Olympic Journey

LIMU bears all expenses for the clinic, allowing children to attend at no charge. Space is limited to the first 75 swimmers. Each swimmer will receive a personalized autograph card, clinic entry and group instruction from one of the fastest swimmers ever known. Coaches and parents are welcome to attend.

Agenda *Duration: 2 hours (times are approximate)*

- Welcome, Brief Introduction and Clinic Overview - 10min
- In-Water Drills - 45min
- Rowdy Gaines Personal Story and Motivational Speech - 20min
- Q&A - 15min
- Autographs and Photo Opportunity - 30min

Role of ROWDY GAINES

The purpose of a LIMU sponsored Rowdy's Kidz Swim Clinic is to help American swimming find tomorrow's champions in cities throughout the United States. LIMU's very own 3-Time Olympic Gold Medalist Rowdy Gaines is available to work more closely with kids as a swim coach, motivator and thought leader. He will help challenge and inspire the kids by sharing his story of obstacles and triumph.

Prior to the meeting, Rowdy will meet with the swim coach to set up and review facility layout. Please be prepared to introduce Rowdy and briefly describe his background and accomplishments. For his complete bio and role within LIMU, visit www.rowdygaines.com. Drills will be selected based on the swim team's age range and level of difficulty. At the end of the clinic, Rowdy will speak about the power of commitment and belief in oneself and answer any questions.

Next Steps

1. Send this completed form via fax or email to the LIMU Corporate Contact.
2. LIMU will review the schedule and follow up with you within 10-12 business days.
3. Once confirmed, LIMU will post complete event information online in IAMLIMU and on LIMU Nation. Rowdy will also update his social media sites. We encourage the local swim team to actively promote the event as well via all available forms of communication.
4. LIMU will provide a specially designed meeting flyer and images for promotional use, per request.
5. Rowdy will arrive approximately 15 minutes prior to the event and will remain up to 30 minutes after event to autograph Rowdy Gaines signature cards and take photos with swimmers.
6. If Rowdy is unable to attend, LIMU will notify the host at least 7 calendar days in advance.
7. Any additional communication will be directed through the LIMU Corporate Contact.



Swim Team Information *(Please Print)*

Swim Team Name		
Coach First Name		Last Name
Home Phone Number ()	Cell Phone Number ()	Email Address

Location Information *(Please Print)*

Pool/Facility Name			
Address		City	State Zip Code
Phone Number ()	Fax Number ()		

Clinic Information *(Please Print)*

Top 3 Dates: (MM/DD/YYYY)	(MM/DD/YYYY)	(MM/DD/YYYY)
Start Time (if known)	Expected Attendance (min: 25 / max: 75)*	
Additional Information/Comments:		

**Exceptions to attendance counts will be considered and discussed between the swim coach, Rowdy Gaines and LIMU's Corporate Contact.*

LIMU Corporate Contact

Marketing Department

P: 407.548.3800

F: 407.333.0419

E: marketing@thelimucompany.com

610 Crescent Executive Court, Suite 110
Lake Mary, FL 32746

Coach Agreement

By signing below, I agree that it is my responsibility to communicate any changes to LIMU that occur after event confirmation has been received from LIMU. Notification of cancellation must be made at least 7 calendar days prior to the event.

Signature of Swim Team Coach	Date (MM/DD/YYYY)