

The Five Pillars of Lifelong Fitness for Swimmers™

Overview

A two hour learning by doing clinic which will introduce a safe, comprehensive, scientifically sound approach to improving strength, flexibility and stability as well as specific techniques to decrease the risks of acute and chronic injuries for swimmers.

The Philosophy

The five pillar philosophy comes out of Cris' 23 years of coaching experience, 35 years of competing and are at the center of his upcoming book, Going The Distance, aimed at helping athletes play longer, better and with fewer preventable injuries. Cris introduces and breaks down elite training strategies used by professional and olympic level athletes in a way that benefits the age group athlete.

The Pillars

- Sport Specific Dynamic Warm-Up
- Full Body Resistance Training
- Balanced and Targeted Cross Training Strategy
- Core Stability/Shoulder Stability for Swimmers
- Cool Down/Recovery Techniques (Self Care/Static Stretching)



The Presenter

Cris is a Certified Strength and Conditioning Specialist, Personal Trainer and a nationally recognized expert in the field of fitness development and injury prevention. A former head strength and conditioning coach at UCSD, Cris has helped thousands of individuals at the prep, collegiate, masters and professional level accomplish their athletic goals in a safe and sustainable way.

Cris is a featured writer for the California Surf Lifesaving Association on the topics of injury prevention and motivation for aquatic athletes. The *San Diego Union Tribune*, *The Newburyport Daily News* and the United States Lifesaving Association Magazine, *American Lifeguard*, have covered Cris' powerful and proven approach to improving performance and longevity in a balanced manner.



Facts

- Saturday, June 4, 2011, 12noon-2pm
- Francis Parker High School
Field House
6501 Linda Vista Road, SD, CA 92111
- Cost-\$50
- For more information, please contact Cris at
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858 232 6116



4 times masters world champion,
2 times masters national champion