

FOR IMMEDIATE RELEASE
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GENERAL INFORMATION
League Name: Poarch Band Creek Indian Warriors Swim Team
Phone:
Website:

MUTUAL OF OMAHA **BREAKout!** SWIM CLINIC

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****PRESS RELEASE****

Local Swimmers to Have Opportunity to Learn From 3 Olympians!

(Atmore, AL) – Area athletes will have a unique chance to enhance their competitive swimming skills by working with three Olympic champions, Jimmy Feigen, Breeja Larson and Rowdy Gaines. The Poarch Band Creek Indian Warriors Swim Team is pleased to announce that they will host a Mutual of Omaha Breakout! Swim Clinic on Saturday August 19th at the Linda Gail Parker Aquatic Center located at 44 Lynn McGhee, Atmore, AL 36502.

The Mutual of Omaha Breakout! Swim Clinic visits over 100 cities a year and is a unique experience to inspire and motivate a new generation of swim stars. Mutual of Omaha actively supports the sport on all levels, from local clubs across the country to the National Team and is proud to help bring the world's top swimmers to local communities.

The event is a 5 hour in-water stroke technique clinic from 9am-2pm for ages, 8 to 18 year olds. The cost of 5 hours of working with three of the top swimmers on the planet plus t-shirt and goody bag is amazingly only \$75. Thanks to the Poarch Band Creek Indian Warrior Swim Team the swimmers will hear inspiring messages from Jimmy, Breeja and Rowdy and get a great goody bag. Immediately following, they will hit the water with the 3 Olympic Champions for in-water demonstration and instruction on swim strokes and techniques. Some participants may even have a chance to test their strokes in a race against the Olympic champions. Concluding the event, the Olympic Gold Medalists will be available for autographs and photos.

Registration for the Mutual of Omaha Breakout! Swim Clinic is currently open. To register, contact Sarah by phone at 251.359.2439 or sallen@pci-nsn.gov

About Kelsi Worrell

Originally from Westampton Township, New Jersey, Kelsi had a steady progression in swimming throughout middle school and high school. Then at the University of Louisville, Kelsi busted on to the National scene her junior year setting the American Record in the 100yd fly becoming the first woman to go :49 seconds in that race. She went on to win the 200 fly also at the NCAA Championships.

Later in 2015 Kelsi represented the USA for the first time by winning gold at the Pan American Games. Kelsi then repeated as NCAA champion in the 100 and 200 fly and broke her own record in the 100yd fly with an astounding :49.3! Riding that momentum Kelsi went on to ultimately win Gold at the Rio 2016 Olympics on the 4x100 medley relay.

Not satisfied Kelsi got right back in the pool and just broke the American Record in the 200m fly at the world champs on Dec 7th and also was part of the world record 4x50 medley relay. Now with 2 American Records in the 100 and 200 fly and a world record Kelsi is ready to inspire others and is poised for great things in Tokyo 2020!

About Jason Lezak

At his first Olympics, Jason won a Gold and Silver Medal at the 2000 Sydney Games. In 2002, Jason dominated his opponents becoming the #1 ranked sprinter in the world. At the 2004 Olympics, Jason took the Bronze in the 4x100m freestyle and the Gold Medal in a world record breaking swim in the 4x100m medley relay.

But it was finally in 2008 that Jason made history. He made his third Olympics when he qualified for the Beijing Olympics in the 100m freestyle, the 4x100m free relay, and the 4x100m medley relay. At 32, the oldest man on the U.S. swim team and tri-captain, Jason anchored the U.S. men's 400-meter freestyle relay team to a come-from-behind victory, stealing the Gold from the French. Many sport experts say it was one of the greatest upsets in Olympic history.

Not quite satisfied Jason went on to make a 4th Olympic Games in London 2012 to become the oldest male swimmer to medal at the Olympics at 36 years old. Fans all over the country love to meet Jason "The Anchor" Lezak in person and Jason loves to share with them how he trained by himself to become an Olympic Legend.

About Mutual of Omaha

Mutual of Omaha is a full-service, multi-line organization providing insurance and financial products for individuals, businesses and groups throughout the United States. For more information about Mutual of Omaha, visit www.mutualofomaha.com. For more information on the Mutual of Omaha Breakout! Swim Clinic, visit www.breakoutswimclinic.com.

Photo and video opportunities will be available during the clinic. Ian Crocker and Jason Lezak will be available before/after the clinic for interviews.