



Dan Warner, NSSC co-founder and Team Administrator, is a Level 5 ASCA Certified Coach. Dan has over 28 years of coaching experience. Dan is the Head Coach of the Salem State Viking Team and was the 1990 New England Age Group Coach of the Year. He has coached over 400 YMCA national qualifiers, 4 Senior National Qualifiers and 1 Olympic Trial Qualifier



Craig Lewin is a Level 1 USA Swimming Coach and a Level 3 USA Cycling Coach. He is a graduate of Boston College and a member of the BC Varsity D1 Swim Team. Craig is a nationally ranked open water swimmer in the 25k as well as a Nationally Ranked Triathlete. His swim expertise has helped him to become a successful competitor in the sport of triathlon. He is an Ironman qualifier and finisher in the 70.3 World Championships. He continually places top 3 for his age group in all races including Ironman 70.3 Providence and Timberman 70.3. He has also been a swim instructor for the past 9 years as well as a coach for the North Shore Swim Club.

Join The Program Today

Athletes of all skill levels are encouraged to join the NSSC Endurance Athlete Program.

Schedules, registration forms, and other information are available by contacting:

Craig Lewin
30 Bradlee Ave
Swampscott, MA 01907
Phone (617)771-0454
E-mail: Craigy58@gmail.com



North Shore Swim Club



**Endurance Athlete
Program**

**BE THE COMPETITIVE
SWIMMER THAT YOU
CAN BE**



*The Endurance Athlete Program
GIVES YOU THE COMPETITIVE
EDGE YOU NEED TO ACHIEVE
YOUR GOALS*

Once you join the Endurance Athlete Program you will experience the following benefits:

- Consistent individualized coaching
- A setting where techniques learned can be applied under the supervision of the coaches.
- Flexible practice sessions (early morning and evening sessions available)
- Individual goal evaluations with coaches
- Workouts with a purpose
- Supplemental dryland and weight programs
- Train with fellow competitors
- Open water swims along with practice of various open water swim starts (weather permitting)
- Video Analysis
- Individualized Taper workouts based on key season races

MEMBERS OF THE ENDURANCE ATHLETE PROGRAM CAN EXPECT THE FOLLOWING RESULTS:

- ⇒ ***GREATER ENDURANCE***
- ⇒ ***IMPROVED EFFICIENCY***
- ⇒ ***BETTER STROKE MECHANICS***
- ⇒ ***FASTER SWIM TIMES***
- ⇒ ***OPTIMAL POWER IN THE WATER***
- ⇒ ***COMFORT WHEN SWIMMING IN THE OPEN WATER***
- ⇒ ***BETTER SIGHTING SKILLS WHEN SWIMMING IN THE OPEN WATER***
- ⇒ ***COMFORT SWIMMING IN RACES WITH MASS STARTS AND PACK SWIMMING***
- ⇒ ***SHARPENED SWIM PACING SKILLS***

Other Services Available

- ▶ **Private technique sessions**
- ▶ **Private coached workouts**
- ▶ **Private video analysis**

For fees and more information please contact Craig Lewin at (617)771-0454

Practice Times

Monday and Wednesday-Salem State
@ 7pm-8:30pm
Tuesday and Thursday-Salem State
@ 5:15am-6:45am
Friday-Gordon College @ 6pm-7:30pm
Saturday-Salem State @ 9am-10:30am

Sessions

Session 1-February 16th through April 11th
Session 2-April 13th through June 21st
Session 3-June 22nd through August 22nd
Session 4-August 24th through October 24th
Session 5-December 14th through February 14th

Each Session Includes:

6 One and a half hour practices per week
2 open water swims per week (weather permitting)

Facilities:

Salem State College: 8 lane 25 yard pool
Location: Salem, MA

Gordon College: 6 lane 25 yard pool
Location: Wenham, MA