

# FRIENDS FIRST SWIM CLINIC!!

Saturday, July 14<sup>th</sup>, 2007  
8:00-10:00am

*Our goal is to entice students into the world of swimming as a way to get regular exercise for students with disabilities.*

WHERE: TUALATIN HIGH SCHOOL POOL  
22300 SW Boones Ferry Road Tualatin, OR

From 1-5, take exit #286, turn west and head north on Boones Ferry Road. Tualatin High School will be on your right, approximately 1.3 miles from 1-5.

**Reserve your spot today!**

Contact Karen Gaffney or Bri Maier at the Karen Gaffney Foundation  
(503)973-5130/ [kgaffney@teleport.com](mailto:kgaffney@teleport.com)

Clinic is FREE

Donations to Special Olympics are appreciated

## HEAD COACHES:

### **Karen Gaffney**

On July 23, 2001, after more than a year of training, Karen along with five other swimmers successfully completed a relay swim across the English Channel, completing the journey in just over 14 hours. Karen became the first person with Down syndrome to swim the Channel.

### **Philip Summers**

Philip is a certified USAT triathlon coach as well as a youth development coach for the US Olympic Committee. He is also a multiple Ironman finisher, including the International Triathlon Championships in Kona, Hawaii. Philip was a relay member on the Friends First team at the Escape from Alcatraz Triathlon in 2006 where Karen was the swimmer.



**Friends First™**  
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