

T² Swimming!

Improve your swim stroke

Utilize above water video

Have a personalized training plan

Receive expert coaching and
improve your triathlon experience!

(Translation: Swim more efficiently, saving your strength for the bike and run!)

In September meet at Capital Federal Natatorium on 6th Street

5:30 - 7:00 am Tuesday & Thursday and

7:00 - 9:00 am Saturdays

The cost is only \$30 per month

There are no contracts to sign and you can stop whenever you want.
The schedule is created on a monthly basis depending on pool availability
Underwater Video is coming SOON!



About the Coach:

Paul Monroe started coaching in Columbia, Missouri. While there his swimmers set countless team records; two were ranked in the top 16 in the nation. At Missouri State University in Springfield, Missouri, Paul was the Head Age Group Swim Coach for Missouri State Aquatics for two years. Again, his swimmers set multiple team records and he had multiple Division I champions. He also coached national swimmers from South Africa and Venezuela.

Paul currently coaches for the Topeka Swim Association as the Head Age Group Coach. While in Topeka his swimmers have set multiple team records, multiple conference records, and they have achieved multiple national rankings. He has already helped several triathletes in the Topeka area to improve their swimming abilities and times. He is ready to help you, too! Paul and his wife, Holly, have been married a little over a year. She works for Hill's Pet Nutrition and is finishing up her Masters in Wildlife Biology.

Make your checks payable to TSA and bring them with you when you come to swim. Questions? Contact Paul Monroe at pmonr@yahoo.com or Teresa Deardorff at tjdeardorff13@yahoo.com