



AUSTIN AQUATICS
& SPORTS ACADEMY

What is TriDot?

Friday, August 17, 2018

Never truly followed a training plan?
Never raced to your full potential?

Come see what "The DOT" looks like for YOU!

2 Presentations to choose from:
12-1:30pm & 5:30-7pm

Question & Answer To Follow
Presenter: John Mayfield
TriDot Director of Coaching

Location: 2nd Floor Encino Trace
New AASA Offices (next door), Park @
AASA

FREE to the community!



For more information, email:
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