



NVSL Winter Program 2011-2012 provided by the FISH

Welcome to the second year of our NVSL extension program at Audrey Moore!

Who: Swimmers ages 7-18 who have competed in meets during the regular NVSL season.

What: 31 one-hour practices with instructions on all four competitive strokes and turns, endurance and racing strategy.

When: Starting Saturday, September 24th 2011 through Saturday May 19th from 6:00 – 7:00 PM. Please note due to upcoming due to the high school meets and holidays there won't be practices on: 12/03, 12/24, 12/31, 01/28 (Schedule is subject to change and we might offer alternate practice times.)

Where: Audrey Moore RECenter at Wakefield Park, 8100 Braddock Rd., Annandale, VA, 22003.

Why: We would like to work with you to conduct a winter program that will fit your needs, to allow as many of your swimmers as possible to continue swimming during the winter. We understand how difficult it might be to find coaches and rent pool space to run such a program; please consider this alternative. We will run a typical NVSL winter program, focusing on refining stroke technique and competitive strategies to give you a head start for the 2011 NVSL season.

Cost: \$275 per swimmer.

If you have any questions regarding this program, please contact Team Manager, Monika Paris at mparis@pvfish.org or at 703.870-8664.

Please complete the attached registration form and send it to the address indicated on the form. Make checks payable to *the FISH*. It is important to pre-register for this program so that we can accommodate your request on a first come first served basis and plan accordingly.



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Please complete this form and send it along with a check for \$275 payable to the FISH to:

Monika A. Paris
Team Manager, the FISH
1649 Kurpiers Ct.
McLean, VA 22101

Swimmer's Name: _____ Age: _____

Legal in which Strokes: _____

Favorite Stroke: _____

NVSL TEAM: _____ Division: _____

NVSL Team Rep's Name: _____

NVSL Team Rep's Phone #: (____) _____ E-Mail: _____

Parent's Name: _____

Parent's Phone #: (____) _____ E-Mail: _____