



The Care and Nurturing of the Serious Swimmer

Guest Speaker: Mariejo Pasion

USA Swimming - Sports Performance Consultant

The FISH is proud to announce the visit of Mariejo Pasion of USA Swimming. MJ's presentation will focus on what it means to be a committed swimmer and to be a parent of a serious swimmer. Topics will include commitment, coach's role, nutrition, parent's role, finding the proper balance and much much more.

No matter if your athlete already practices nearly every day or if your child is still swimming in the age group programs, you don't want to miss this perspective from one of the sport's leading experts. Please join us and learn from the best.

- What:** Presentation: The Care and Nurturing of the Serious Swimmer
- When:** Sunday, November 22nd 2009
- Where:** Marriott Tysons Corner, 8028 Leesburg Pike, Vienna, VA 22182-2719
- Time:** 11:30 - 1:00 PM
- Cost:** Free of charge
- RSVP:** by 11/20/09 mparis@pvfish.org