



2010 Church Run Sunday Clinics



NOVA is pleased to offer clinics to area summer league teams and swimmers again this year. NOVA trained coaches will work with your swimmers and have them ready to start their summer season before the rest of the competition by teaching and practicing proper technique for strokes, turns, and starts. Help your swimmer get a leg up on the competition by taking part in the 2010 Sunday clinics at NOVA!

Dates: February 28

March 7, 14, 21, 28

April 18, 25

May 2, 9, 16

Time: 4:00 – 5:00 p.m.

Cost: \$100.00 per child (\$10.00 reduction after first child)

Please make checks payable to NOVA of Virginia Aquatics

Registration Deadline: Friday, February 12, 2010

For more information, please contact Mike McKee at mmckee11@vt.edu or (514-7578) at the NOVA pool.

Detach and return registration to **Suzanne Ridgway:**

11513 Tottenham Place, Henrico, VA, 23233

E-mail: swmridgway@gmail.com

2010 Church Run Sunday Clinic

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| Swimmer's Name | D.O.B. | Age | Address |
| Swimmer's Name | D.O.B. | Age | |
| Swimmer's Name | D.O.B. | Age | Email Address |
| Swimmer's Name | D.O.B. | Age | Phone (home & cell) |
| Parent's Name(s) | Emergency Contact (name and number) | | |