

2009 NOVA 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 2009 Sunday clinics at NOVA!

Dates: March 1, 8, 15, 22 & 29 / April 4 & 26 / May 3, 10 & 17

Times: 2:00 - 6:00 pm (1 hour clinics)

Specific times will be determined through your summer league team

Cost: \$100.00 per child

Registration Deadline: Monday February 16th

**For more information, please
contact Drew Hirth**

NOVA of Virginia Aquatics
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Richmond, VA 23238

Phone: 754-3401

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E-mail:

coachdrew@novaswim.org or

novainfo@novaswim.org

2009 NOVA Sunday Clinic

Swimmer's Name _____ D.O.B. _____ Age _____

Address _____

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) _____