



High School Prep Group

This practice group is primarily for the 14 & Over aged swimmer who enjoys the benefits of the sport, and wants to balance the demands of swimming with other activities. It is an excellent opportunity to prepare for the HS swim season and for summer league swimming. Participants in the group are 14-18 years of age and practices will be devoted to a combination of superior stroke and turn technique with some conditioning.

Practice will be Tuesday and Thursday evening, 7:00 - 8:15 pm at the NOVA Aquatic Center. The group is limited to the first 30 registered swimmers. Checks should be made out to NOVA. Competition is available if interested. Swimmers who want to compete will need to join USA Swimming for a yearly fee of \$61 as well as pay swim meet fees.

Session 1 September 7 through November 11
Session 2 November 16 through February 1 (Nov25, Dec 21,23,28,30 off)
Session 3 February 3 through April 12 (Spring Break off)
Cost: \$200.00 per session

Sign up by September 1, November 10, January 28

We will determine sessions 2 & 3 availability dependant on interest. If you have an interest in these sessions please check the box on your registration for and we will get back to you at a later date on availability.

Swimmer's Name _____ M.I. ___ DOB _____

Address _____ Zip _____

Parent Name _____ E-mail _____

Home Phone _____ Cell phone _____

Circle the session you are paying for session 1 session 2 session 3

Mail Registration to:
NOVA
12207 Gayton Road
Richmond Va 23238

or drop off in the **Big Red Box** just outside office door at the pool