



## Winter Conditioning for Summer League Swimmers provided by the FISH

Welcome to the *ninth* year of our summer league extension program at Audrey Moore!  
Keep your swimmers in the water and have them better prepared for next summer!

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

**What:** *One-hour practices* with instructions on all four competitive strokes, turns, endurance, and race strategy.

**When:** Starting Saturday, September 21<sup>st</sup>, 2019 through Saturday, May 16<sup>th</sup>, 2020 from 6:00 – 7:00 PM. Please note, due to upcoming high school meets and Holidays, there will be no practices on: 12/07, 12/29, 1/18, and 4/11. **The practice on 1/25 will take place from 3:30 to 4:30 pm.** (Schedule is subject to change.)

**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 off-season program for summer league swimmers, focusing on refining stroke technique and competitive strategies to give you a head start for the 2020 Summer League Season.

**Cost:** \$350 per swimmer.

**Questions:** please contact Coach Callan Heidkamp at [cheidkamp@pvfish.org](mailto:cheidkamp@pvfish.org).

Please complete the attached registration form and send it to the address indicated on the form. Make a **non-refundable** check 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 \$350 payable to *the FISH* to:

The FISH  
1340 Old Chain Bridge Road, Suite 300C  
McLean, VA 22101

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Legal in which Strokes: \_\_\_\_\_

Favorite Stroke: \_\_\_\_\_

Summer League Team: \_\_\_\_\_ Division: \_\_\_\_\_

Summer League Team Rep's Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Phone #: (\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_