



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

Welcome to the *eleventh* 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 24<sup>th</sup>, 2022 through Saturday, May 20<sup>th</sup>, 2023 from 6:00 – 7:00 PM. Please note, due to upcoming high school meets and Holidays, there will be no practices on: 10/22, 11/27, 12/10, 12/24, 12/31, 1/14, 1/21. (Schedule is subject to change.)

**Where:** Audrey Moore RECenter, 8100 Braddock Rd, Annandale, VA 22003.

**Why:** We want to work with you to conduct a winter program that will fit your needs to allow athletes who don't make swimming their number one sport to continue swimming during the winter. 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 2023 Summer League Season.

**Cost:** \$400 per swimmer.

**Questions:** please contact Monika Paris at [mparis@pvfish.org](mailto:mparis@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 \$400 payable to *the FISH* to:

The FISH  
1340 Old Chain Bridge Rd, Suite 303  
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: \_\_\_\_\_