

*Pre-Piranha Prep [3P] Spring 2013*

To meet the demands and desires of our Piranha families, we are continuing our pre-season program to give those swimmers who do not swim year round an opportunity to “Stay Wet”. The positive feedback we have gotten has been overwhelming.

Coaches Nathalie Moore, Hunter Bailey, Matt McDermott and Brennan Maxwell have offered their time and skills to set up this refresher program for our kids, focusing on proper stroke technique, physical fitness, and most important – Having Fun!!!

**Where: Claude Moore Recreation Center (CMRC)**

**When: 1:00-2:00pm, 2:00-3:00pm on the following six (6) Sundays:**

**April 7, 14, 21, 28, May 12, 19**

**Who: Primarily for Piranhas ages 7 to 12**. All kids must be able to swim across the pool unassisted; the shallowest depth of all the lanes is 6 feet deep!

**Cost: $60 for all six sessions**, payable by check to “**Broadlands Swim Team”** (still best value around)

How: Drop off or mail check and attached signup sheet to:

Allen “Max” Maxwell, Piranhas 3P Coordinator

21426 Basil Ct.

Broadlands, VA 20148

All team and league guidelines apply, as outlined in the 2012 Parents Handbook. Space is **very** **limited**. We will do our best to accommodate any special requests. Any questions, feel free to contact me anytime at [max.maxwell@comcast.net](mailto:max.maxwell@comcast.net) or 703.597.3430c.

**3P Swimmer Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parents Name: ­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parents E-Mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Preferred Time: 1:00pm 2:00pm**

**Other Considerations (i.e. pairing with other teammates/specific skills to work on):**