

***Pre-Piranha Prep [3P] Spring 2014***

To meet the demands and desires of our Piranha families, we are restarting our off-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. Piranha coaches 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: 11:00am – 12:00pm and 12:00 – 1:00pm on the following eight (8) Sundays:**

**March 16, 23, 30; April 6, 20, 27; May 11, 18 (then Summer swim starts on 27 May!!!!)**

**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! All kids must have been on either ODSL or CSL Piranhas this past summer (2013), or will have to pay an insurance surcharge (minimal amount, ~$10 one time). Practice lasts an hour but the younger kids can take as many breaks as they need!

**Cost: $80 for all eight sessions**, payable by check to “**Broadlands Swim Team”** (**still best value around!**)

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

Allen Maxwell, Piranhas 3P Coordinator

21426 Basil Ct

Broadlands, VA 20148

All team and league guidelines apply, as outlined in the 2013 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: \_\_\_\_\_ ODSL or CSL**

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

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

**Preferred Time: 11:00am 12:00pm**

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