

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

To meet the demands and desires of our Piranha families, we are restarting 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 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:**

 **January 13, 27, February 10, 24, March 3, 17** (CMRC only schedules their pool per season; expect follow on session for spring)

**Who: Primarily for Piranhas ages 7 to 10,** exceptions [11-12 yr olds] made on a case by case basis after consulting with the coaches. 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 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 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):**