

2012 NOVA Sunday Clinics



NOVA is pleased to offer clinics to area summer league teams and swimmers again this year. NOVA trained coaches will work with your swimmers and have them ready to start their summer season before the rest of the competition by teaching and practicing proper technique for strokes, turns, and starts. Help your swimmer get a leg up on the competition by taking part in the 2012 Sunday clinics at NOVA!

Dates: March 4, 11, 18, 25 / April 1, 15, 22, 29 / May 6, 13

Time: 2:00—6:00 pm (1 hour clinics)

Cost: \$100.00 per child

(\$90.00 for every additional child after first)

Registration Deadline: Monday, February 20

**For more information, please
contact Mike McKee**

NOVA of Virginia Aquatics
12207 Gayton Road
Richmond, VA 23238

Phone: 754-3401
Email: mmckee11@vt.edu

2012 NOVA Sunday Clinic

Summer Swim Team _____ Preferred Time Slot (if your team did not contact you) _____		Address _____
Swimmer's Name _____	Age on June 1 _____ D.O.B. _____	_____
Swimmer's Name _____	Age on June 1 _____ D.O.B. _____	Phone (home & cell) _____
Swimmer's Name _____	Age on June 1 _____ D.O.B. _____	Email Address _____
Parent's Name(s) _____		Emergency Contact (name and number) _____