

**Starting
May 7th**

Early Registration: April. 23rd

Our Swim Clinics are the
FASTest way to become
a better swimmer!



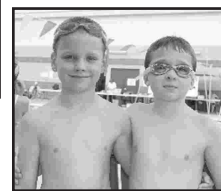
Fluvanna Aquatic Sports Team

2nd Place
at
JSL Champs
Jefferson Swim League 2011

Inviting All Level Swimmers
It's fun to swim FAST!
Join us for 6 Fun Swim Clinics.



**Designed to Teach
ALL Four Strokes.**



Our goal is for your kids to have fun and develop a love for this
lifelong sport while learning with their friends so they will want to be part of our team.

In our first four seasons, hundreds of brand new swimmers have learned all four strokes in our swim clinics. This helped
our team to be one of the fastest improving teams in central Virginia.

This is a terrific opportunity for your children to perfect their skills to become stronger, safer, and more confident swimmers
while working with our talented assistant coaches and our head coach. Our head coach is
regarded as one of the finest stroke technicians in Virginia.

We are swimming in the heated outdoor pool at Camp Friendship



Saturday, May 7
Saturday, May 14
Sunday, May 15
Saturday, May 21
Sunday, May 22
Saturday, June 11

Preferred Ages

Time

Practice Location

11 & Under

1:00 - 2:00

Camp Friendship

8 & Older

2:00 - 3:00

Camp Friendship Pool
573 Friendship Road, Palmyra

Early Registration April 23rd -\$67- After \$75

*VISA and MASTER CARD ACCEPTED**

2011-Spring Swim Clinic Registration Form-
see back or download and print registration form
at team website

Call Coach Cos: 434-326-5533

*I swim **FAST** ... SO CAN YOU!*

For more program information visit:

www.iswimfast.org

Make Checks payable to : **FAST Fluvanna Aquatic Sports Team,**
Mail to : P.O. Box 188, Palmyra, Va. 22963.

<http://www.fluvanna-swimming.org>

E-mail: info@fluvanna-swimming.org

434-326-5533

2011-Spring Swim Clinic Registration Form



Fluvanna Aquatic Sports Team

Starting May 7th

Early Registration: April 23rd

May 7th, thru June 11th.

Camp Friendship Pool, 573 Friendship Road, Palmyra

Saturday, May 7
Saturday, May 14
Sunday, May 15
Saturday, May 21
Sunday, May 22
Saturday, June 11

Preferred Ages

Time

11 & Under

1:00 - 2:00

8 & Older

2:00 - 3:00

Circle the time & age group.

S w i m m e r / C o n t a c t I n f o r m a t i o n

Last Name: _____ First: _____ Middle: _____ Preferred Name: _____

Street Address _____ City: _____ Zip: _____

Birth Date: mm/dd/yy _____ M/F Sex _____ Age as of 06/01 Day: _____

Father's Name: _____ Day Phone: _____

Night Phone: _____ Cell Phone: _____

E-mail: _____ Fax: _____

Mother's Name: _____ Day Phone: _____

Night Phone: _____ Cell Phone: _____

E-mail: _____ Fax: _____

Early Registration April 23rd - \$67

After- \$75

434-326-5533 or
Laurie Collins: 434-589-1528

Check Total:	Check #
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VISA and MASTER CARD
ACCEPTED*

**Make Checks payable to : FAST Fluvanna Aquatic Sports Team,
Mail to : P.O. Box 188, Palmyra, Va. 22963.**



Coaches

Head Coach-Cos DiFazio

- 6th year with FAST and 10th with BASS. Both practice at Health Nutz pool and Camp Friendship.

- Over 33 years of coaching experience at the USS level.

- Coached Olympic Trial Qualifiers, national champions, national record holders, All Americans, top 16 nationally ranked swimmers, State record holders, and state champions.

- Helped start the Fluvanna High School Swim Club, varsity sport.

Assistant Coaches

Diana Bowen
Greg Switzer
Julie Domecq
Laurie Collins
Pauline Hartwell
Justin Hartwell
Sean Purnell



**Contact us:
434-326-5533**

www.fluvanna-swimming.org

E-mail:
info@fluvanna-swimming.org