Starting March 31th
Sign Up Today!

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



Jefferson Swim League 2012

Fluvanna Aquatic Sports Team

Inviting All Level Swimmers

It's fun to swim FAST! Join us for 6 Fun Saturday Swim Clinics Designed to Teach ALL Four Strokes.

FCPR Our goal is for your kids to have fun and develop a love for this

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.

life long sport while learning with their friends so they will want to be part of our team.

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.



Sat • March 31

Sat • April 14, 21 & 28

Sat • Mav 5 & 12 Preferred Ages

11 & Under

9 & Older

All Ages

No team Experience

No team Experience

Team Experience

Time

3:00 - 4:00

4:00 - 5:00

4:00 - 5:00

Pool - Health Nutz Fitness & Aquatics Center, 109 Crofton Pl. Palmyra

Registration \$75

VISA and MASTER CARD ACCEPTED*

2012-Spring Swim Clinic Registration Formsee 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 vist:

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

2012-Spring Swim Clinic Registration Form





Preferred

Fluvanna Aquatic Sports Team

Saturdays, March 31, April 14, 21 & 28, May 5 & 12

Circle the time & age group.

| Preferred Ages | Time |
|----------------|------|
|----------------|------|

11 & Under No team Experience 3:00 - 4:00 9 & Older No team Experience 4:00 - 5:00 All Ages Team Experience 4:00 - 5:00

Pool - Health Nutz Fitness & Aquatics Center, 109 Crofton Pl. Palmyra

Swimmer / Contact Information

| Last Name: | First: | Middle: | 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: | | | | |
| | | | | ٦ |

Registration- \$75

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

| Check # | |
|------------|------------|
| | Check # |

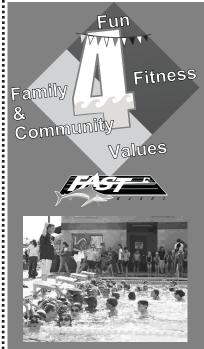
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Coaches

Head Coach-Cos DiFazio

- 7th year with FAST and 11th with BASS. Both practice at Health Nutz pool and Camp Friendship.
- •Over 34 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 Coachs
Diana Bowen
Greg Switzer
Julie Domecq
Laurie Collins
Pauline Hartwell
Justin Hartwell
Sean Purnell



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E-mail: info@fluvanna-swimming.org