

**Starting
March 31th**
Sign Up Today!

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



2nd Place
at
JSL Champs
Jefferson Swim League 2012



Inviting All Level Swimmers

It's fun to swim FAST!

Join us for 6 Fun

Saturday Swim Clinics

Designed to Teach ALL Four Strokes.



Our goal is for your kids to have fun and develop a love for this life long 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.



Preferred Ages

Time

Sat • March 31
Sat • April 14, 21 & 28
Sat • May 5 & 12

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

Registration \$75

*VISA and MASTER CARD ACCEPTED**

2012-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**

2012-Spring Swim Clinic
Registration Form



Fluvanna Aquatic Sports Team

**Starting
March 31th**

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

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: _____

Registration- \$75

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

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

Check Total:	Check #
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**VISA and MASTER CARD
ACCEPTED***



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 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