

2010 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 2010 Sunday clinics at NOVA!

Dates: February 28 / March 7, 14, 21, 28 / April 18, 25 / May 2, 9, 16

Time: 2:00—6:00 pm (1 hour clinics)

Cost: \$100.00 per child

(\$10.00 reduction after first child)

Registration Deadline: Monday February 15

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

NOVA of Virginia Aquatics
12207 Gayton Road
Richmond, VA 23238

Phone: 754-3401
Fax: 754-3403
Email: mmckee11@vt.edu

2010 NOVA Sunday Clinic

Swimmer's Name _____ D.O.B. _____ Age _____

Address _____

Swimmer's Name _____ D.O.B. _____ Age _____

Email Address _____

Swimmer's Name _____ D.O.B. _____ Age _____

Phone (home & cell) _____

Parent's Name(s) _____

Emergency Contact (name and number) _____