



# HIGH SCHOOL PREP GROUP

This practice group is primarily for the High School aged swimmer who enjoys the benefits of the sport and wants to balance the demands of swimming with other activities. It is an excellent opportunity to prepare for the HS swim season and also for summer league swimming. Swimmers in the group will be 14-18 yrs of age and their practice time will be devoted to a combination of superior stroke technique as well as conditioning.

Practice will be Tuesday and Thursday, 7-8:15PM at the Nova Aquatic Center. The group will be limited to the first 26 swimmers who register. Checks should be made payable to Nova Aquatics. There must be a minimum of 18 swimmers per session. If the session is cancelled, your money will be returned. Competition is available if interested. In order to compete, swimmers must register with USA Swimming for a \$58 fee as well as pay swim meet fees.

Session #	Dates	Register By	Length	Cost	Notes
1	September 4- Nov 4	August 22	18 practices	\$180	
2	November 6- February 19	October 17	26 practices	\$260	No practice Xmas and New Years Weeks/Thanksgiving Day
3	February 24-May 13	February 5	22 practices	\$220	No practice Henrico County Spring Break

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Return the bottom portion with your check

Swimmer's Name \_\_\_\_\_ M.I. \_\_\_\_\_ BIRTHDAY \_\_\_\_\_  
 Address \_\_\_\_\_ Zip \_\_\_\_\_  
 Parent Name \_\_\_\_\_ E-mail \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Please check session:    #1    #2    #3

Mail Registration to: Nova, 12207 Gayton Road, Richmond, VA 23238  
 Or drop off in Big Red Box just outside office door at the pool

**Registration is due 2 weeks prior to the start of the session.**

Note: Parents must complete a medical emergency form prior to the first practice.