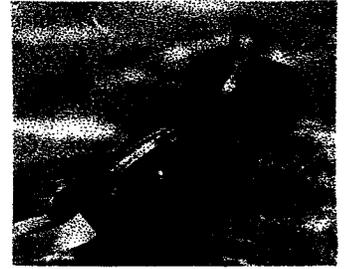




Mom & Dad.....

Let's go to the



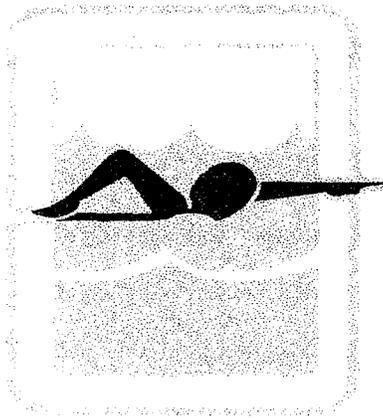
8 & Under Mini - Camp!!!

A perfect opportunity for your 8 & Under swimmer to gain another experience working with 4 Veteran Coaches, listen to experienced Guest Speakers, and work on the mechanics & specifics of all 4 strokes.

Sponsored By: Potomac Valley, TYR & F.C.P.A.

*Open to the first 80 applicants.

*All participants will receive a FREE t-shirt and cap!



Date: Sunday, January 25, 2004

Time: 7 - 10 AM

Location: Oak Marr Rec Center

Cost: \$20.00

*Make checks payable to Potomac Valley.

*Please mail application and check to:

Mini - Camp

12116 Maiden Hair Dr.

Gainesville, VA 20155

Registration Deadline: January 15th

For more information, call 703-441-1111
or email info@potomacvalley.org

Athlete Name				Sex		M	F
Age Must be 8 or under on the day of the camp					Date of Birth		
Parent Name							
Daytime Phone Number							
Evening Phone Number							
Address							
City, State Zip							
USA ID #							
Club							
Coach							
T-shirt Size	Youth Small		Youth Medium		Youth Large		Adult Small
Best Times							
Stroke		Time			Date Achieved		
25 Yard Free							
25 Yard Back							
25 Yard Breast							
25 Yard Fly							
100 Yard IM							

Parents, in order to ensure that we add to both your knowledge and experience, there is a mandatory meeting from 7 - 9:30, during which, you will have the opportunity to listen and meet with our Guest Speakers from Potomac Valley.

*Donuts and coffee will be provided!

*The first 80 applicants with times in the above five mentioned events will be accepted. All others will be notified that they are not accepted and the application returned.

*Swimmers should bring practice suit (NOT team suit), cap, goggles, towel and water bottle.