



## Virginia Hills Tidal Wave 2011 Winter Swim Program

Lee District RECenter  
Telegraph Road and Rose Hill Drive  
Sundays, 6:00 – 7:00 pm  
January 9 – April 10, 2011  
13 Swim dates

**Developmental starts, strokes,  
turns and finish techniques  
\$110 each swimmer**

Any Virginia Hills pool member in good standing ages 4 through 18 who can swim 15 yards unassisted using any method is eligible. Swimmers do not need to know the strokes. **New swimmers are welcome!**

We will have two head coaches. Our head coach, Katie Gilmore, swam varsity at UVA and leads our summer team. She will be joined by Drew Killian, head coach of Lorton Station, who swam for Virginia Tech and has been a Masters coach as well. Our assistant coach will be Jan Inguagiato, TW parent and former TW swimmer and record holder.

**Practice will NOT be held on February 20**

For more information, contact Sarah Kolo at telephone: (703) 960-3154 or e-mail: [kolosarah@gmail.com](mailto:kolosarah@gmail.com)

Complete the registration form (next page) and bring payment to practice.

# Virginia Hills Tidal Wave Swim Program

## Registration Form

Name of swimmer(s)	Birth date(s)	Fee
		\$110 each
<b>TOTAL:</b> (make check payable to Virginia Hills Club)		

Home Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Parent(s) / Guardian(s):

Name \_\_\_\_\_ Phone (W): \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail address (please print clearly):

\_\_\_\_\_ @ \_\_\_\_\_

Name \_\_\_\_\_ Phone (W): \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail address (please print clearly):

\_\_\_\_\_ @ \_\_\_\_\_

**Consent:**

In consideration of my child(ren)'s acceptance for training, I waive, release and forever discharge all rights and claims for damages which may be sustained and suffered by my child(ren) in connection with training.

**Parent/Guardian Signature**

**Date**

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