



Potomac Valley Swimming Catch the Spirit Camp October 28, 2001

WHO: Boys and Girls born in 1990-92 are encouraged to apply.
WHEN: Sunday, October 28, 2001
WHERE: [The Ashburn Village Sports Pavilion](#)
20585 Ashburn Village Blvd.
Ashburn, VA 20146
COST: \$20; Payable to Potomac Valley Swimming

Potomac Valley Swimming and USA Swimming are pleased to announce a one-day **Catch The Spirit Camp** designed to **MOTIVATE, EDUCATE and CHALLENGE**. To be considered for this camp, athletes must have been born in 1990, 1991 or 1992.

Coach Eric Moore of the Ashburn Village Swim Team will serve as Head Coach. He and his staff of Potomac Valley Coaches are planning an interesting, informative and FUN day! The camp will focus on training and cover such topics as energy systems, pace training and goal setting. Athletes will learn how their everyday actions affect their long-term performance.

Camp participants will become team members with athletes from other PVS clubs. Previous camps have been very successful, and we foresee full attendance again this year. We will accept 23 women and 23 men based on email and phone responses.

The camp will begin with registration at 7 AM at the Ashburn Village Sports Pavilion. Participants should eat breakfast prior to the camp. Lunch, as well as snacks, will be served. Each participant will receive a camp T-shirt. The camp will conclude at 4:00 PM.

If you enjoy challenges, want to make new friends in PVS and are looking for ways to enhance your own training register now for this exciting and informative camp. Questions can be emailed to Coach Eric Moore at EricatAVST@aol.com or you may call Coach Moore at 703-437-9364.

Athletes will be notified by return email or phone call upon receipt of their entry. Accepted athletes are directed to bring cap, practice suit, towels, sweats or warm-ups, goggles & water bottle to: The Ashburn Village Sports Pavilion at 7:00 am on Sunday, October 28, 2001

APPLICATIONS MUST BE RECEIVED ON OR BEFORE MONDAY, OCT. 22, 2001.

Parents are encouraged to attend the special informational meeting at 9:00am, and are welcome to observe the first two hours of the camp from the lobby.

[Driving directions to Ashburn Village](#) is posted on the PVS Web Page. A Camp Roster will be posted to the pvsweb.org website on Wednesday, October 24.

Potomac Valley Swimming
 Catch the Spirit Camp
 October 28, 2001
 Athlete Registration Form

Name/Gender				
	First	Last	MI	M/F
Street				
City, State, Zip				
Phone	()	E-mail address		
T-Shirt Size	S M L XL	Date of Birth	/ /	
Club		USA Swimming #		
Coach		Medical/Dietary Concerns: (use reverse if necessary)		

List Your Best Times Below				
100 Free	100 Back	100 Breast	100 Fly	200 IM

I ATTEST TO THE BEST OF MY KNOWLEDGE THAT THE ABOVE TIMES ARE CORRECT.	_____ Signature of USA Swimming Club Coach
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- ★ **Parents are encouraged to attend the special informational meeting at 9:00am, and are welcome to observe the first two hours of the camp from the lobby.**
- ★ **An attempt to notify accepted athletes by email or phone call will be made and a Camp Roster will be posted to the pvswim.org website on Wednesday, October 24.**
- ★ **Mail Application and Payment (\$20.00 Payable to PVS) to:**

Eric Moore
Catch the Spirit Camp
P.O. Box 975 – Ashburn, VA 20146

[Driving directions to Ashburn Village](#) is posted on the PVS Web Page.
 QUESTIONS SHOULD BE DIRECTED TO ERIC MOORE AT (703)-437-9364