

Virginia Swimming

proudly presents



&



Kate Ziegler

*2008 & 2012 Olympian
World Record Holder in 1500 Freestyle
4-time World Champion*

Kim Vandenberg

*2008 Olympian
3-time USA National Champion
2010 French National Champion*

This 4 hour clinic includes a motivational talk,
stroke clinic, and in-water demonstration.

Participants must be 8 & older and registered with Virginia Swimming.
Goodie bag and drinks will be provided.

When: Saturday, September 28, 2013
Time: 10:00 AM – 2:00 PM, check-in 9:30 AM
Where: Collegiate School Aquatics Center
5050 Ridgedale Parkway, Richmond, VA
Cost: \$25

Please complete the registration form below and do one of the following:

- mail it with your check for \$25 made payable to Virginia Swimming to:
Virginia Swimming Inc.
PO Box 1059
Appomattox, VA 24522
- submit credit card payment through the **Pay Here** feature at www.virginiasswimming.org and email the form to businessoffice@virginiasswimming.org

or

Space is limited to the first 120 swimmers!

Ziegler & Vandenberg Swim Clinic

Name _____ Phone # _____

Address _____

Age _____ VSI Team _____ Email _____

Questions call 434-352-5451 or email: businessoffice@virginiasswimming.org