

Virginia Swimming and Poseidon Swimming
proudly present

Katie Hoff

*2 time Olympian, 2 time World Champion, former World Record Holder,
former Virginia Swimmer*

This 3+ hour clinic includes a motivational talk,
stroke clinic, and in-water demonstration.

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

When: Saturday, October 3, 2009

Time: 12:00 – 3:30 PM, check –in 11:30 AM

Where: ACAC Indoor Pool, 11621 Robious Road
Midlothian, VA 23113

Cost: \$25

Please complete the registration form below and mail it with your check
for \$25 made payable to Poseidon Swimming to:

Poseidon Swimming
ACAC/11621 Robious Road
Midlothian, VA 23113

Space is limited to the first 120 swimmers!

Hoff Swim Clinic

Name _____ Phone # _____

Address _____

Age _____ VSI Team _____ Email _____

Questions call 804-379-5480 or email psdns swim@comcast.net