



2007 MASON MAKOS SUMMER TRAINING GMU - FAIRFAX AQUATIC & FITNESS CENTER

Mason Makos summer training sessions are available to all 9&over high-performance USA swimmers. Long course practices focus on intense competitive training as well as individualized start, turn and stroke technique. USA competitive swim meets are also offered. Space is limited – please complete a registration form for each swimmer at the bottom, and return it along with remittance to enroll.

SESSION I: May 21st - June 23rd

NATIONAL / SENIOR / SR PREP GROUP (\$220)

Practices Offered: 4:45-6:00am M/T/W/R/F
3:00-5:00pm T/R
6:00-8:00am S

AGHP GROUP (\$170)

Practices Offered: 4:15-5:30pm M/T/W/R

SESSION II: June 25th – July 28th

NATIONAL / SENIOR / SR PREP GROUP (\$275)

Practices Offered: 7:00-9:00am M/T/W/R/F
3:00-5:00pm T/R

AGHP GROUP (\$215)

Practices Offered: 8:00-9:00am M/T/W/R

Long Course Meet Schedule:

June 10 PVS SR and AG I @Lee District
June 24 PVS SR and AG II @Lee District
July 12-15 PVS SR & JR LC Champs @University of MD
July 19-22 PVS AG LC Champs @GMU, Fairfax
July 31-August 4 National Championships @Indianapolis, IN
August 6-10 Junior National Championships @Indianapolis, IN
August 8-11 Eastern Zones @ Buffalo, NY

**PLEASE COMPLETE THE FOLLOWING REGISTRATION FORM AND SEND IT AND REMITTANCE TO
MASON MAKOS SWIM TEAM, 4870 AUTUMN GLORY WAY, CHANTILLY, VA 20151**

SWIMMER NAME: _____

SESSION (CIRCLE): I II BOTH

GROUP (CIRCLE): NATIONAL/SENIOR/SR PREP AGHP

PARENT SIGNATURE _____

AMOUNT ENCLOSED \$ _____