

# FOREST HILLS SWIM TEAM INVITES YOU TO JOIN THE 2019 OSCARS!

## What you receive:

### COACHING FROM MOST TALENTED STAFF IN THE VALLEY

Great summer fun and activities for the entire family  
Swim meets on six consecutive Monday nights beginning in June  
The opportunity to improve your swim skills  
The opportunity to swim in the City/County Championship meet

### Benefits:

Make new friends and renew old friendships  
Ice cream socials after home meets  
Potluck dinners, pizza parties,  
Many other fun activities

### Requirements:

Age 5 to 115 years old  
Swim length of the pool  
Like to have fun and try your best  
**Must be a member of Forest Hills Pool**

### MAIL REGISTRATION & FEES TO:

**Denise Baumann**  
**2744 White Pelican Lane**  
**Roanoke, VA 24018**  
**Pool Number (540) 776-8501**  
**Email: [Englishmum77@aol.com](mailto:Englishmum77@aol.com)**

### Important additional information:

- Each family is asked to support the team by volunteering to help run the meets, be supportive spectators, provide food for our potluck meals, and offer support to our coaches. There are lots of opportunities to be involved.
- **There will be an informational and registration meeting scheduled at a later date.**
- **If you have any questions about the swim team, please call the pool at 776-8501 or Email Coach Erik at [eriklorgen@gmail.com](mailto:eriklorgen@gmail.com) or (540) 815-7558.** Swimsuits and T-shirts can be ordered/purchased on-line as in the past. Suits are not required, but are encouraged.
- **We ask that you join RVAA only if you commit to swimming at least two of the six meets.**
- Please complete the team registration form. Swim team fees and forms can be mailed to the address in the box at the top right of this page.
- City/County Championship will be July 19 and 20 at the Christiansburg Aquatic Center. Other meets will be on Monday nights: June 3, 10, 17, 24, July 1, 8.

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### *Forest Hills Swim Team Fees*

**\$60 - one swimmer**

**\$80 - two swimmers**

**\$90 - three or more swimmers/family**

**\$15 - adult swimmers**

Fees help to pay coaches, offset party expenses, meet expenses, purchase awards, supplies, and equipment needed for practice and meets.

**YOU MUST REGISTER ONLINE FOR THE RVAA THRU THEIR WEBSITE.** See the RVAA newsletter for all the details. It will be available in the middle of March at [www.swimrvaa.com](http://www.swimrvaa.com).

**Note: Deadline for REDUCED RVAA FEES is May 28, 2019**

**Deadline to sign-up for the first RVAA meet is May 31, 2019**

Look for information to follow by email. Information will also be posted at <http://www.foresthillsswimclub.com>.