



Winter High School Training Program

November 30, 2009— January 29, 2010

California Capital Aquatics (CCA) is offering a Winter High School Training Program. The program is designed for high school swimmers to get extra training prior to their high school swim season. Swimmers must have previous swim team experience.

Where: Practices for the program will be held Monday through Friday afternoons from 3:00-4:30 at the Roseville Aquatic Complex.

Registration: The Program fee is \$ 215, USA Swimming Registration is \$70. To insure the quality of the program, space is limited to the first 30 swimmers who have turned in their payment. Full payment is due upon enrollment and payment is non-refundable.



If you have any questions, please contact **Coach Scott Marchetti** at coach.scott@ccaswimming.org.



Building character through the pursuit of excellence in competitive swimming

