

2009



Welcome to the 2009 Larkspur Lasers Swim Team. We invite you to find out what our families already know...Larkspur has the BEST swim team around. Our coaching staff and parent volunteers are committed to a healthy and positive experience in the world of swimming. We are a team that allows all swimmers to develop not only as athletes but as people and have fun in the process. The Lasers focus on all swimming levels, boys and girls ages 4 –18. We are excited about the upcoming season and would love for you to be part of our team. COME JOIN THE FUN!

Larkspur is proud to welcome back Eric and Molly Landon as head coaches for the 2009 season. Both Eric and Molly are former college swimmers who have a wealth of experience coaching all levels of swimmers. Before moving to the area from Cincinnati, Eric most recently served as Head Age Group Coach for the Cincinnati Marlins, a USA swimming team. Molly, a middle school language arts teacher, also served as a Head Age Swimming Coach.

Open House May 9th, 1-4 pm

Swim Team Fees	1st Swimmer	2nd Swimmer	Subsequent Swimmers
Pool Members	\$50	\$50	\$45
Swim Team Only	\$175	\$75	\$75



Enjoy the flexibility of Morning and Evening Practices

2009 Larkspur Lasers Schedule

June 20th - Away vs. Norfolk Yacht
 June 27th - Home vs. Riverwalk
 July 1st - Away vs. Cavalier
 July 11th - Home vs. College Park
 July 18th - Away vs. VB Racquet Club
 Divisionals & All-Stars - TBA

Contact Information:
 Meredith Moore
 lsrc_teamrep@verizon.net
 495-0828 or 761-2736

Swim team registration is currently taking place. Please mail completed registration form and payment to: Meredith Moore, 4601 Lodgepole Drive, Virginia Beach, VA 23462

Sign-ups will also take place at Open House on May 9th, 1:00pm—4:00pm

Swim Team Parents' & Swimmers' Meeting: Tuesday, May 26th @ 6:00pm