

# **FEAR THE CAT**

**Friday, December 11, 2009**

Immediately following the bus ride home  
from the Chantilly Meet

**10:00pm – 1:00am**

**CVHS GYM**

.....bring your physical energy

.....bring your mental strength

.....bring your appetite (for ALL kinds of things!)

.....bring your CVHS Swim and Dive team spirit,  
sneakers and comfortable clothes (tshirt, shorts)

**JUST BRING IT!!!**

**\$10 per person**

**Rsvp:** Mrs. Carlson    [scarlsons@aol.com](mailto:scarlsons@aol.com)  
Mrs. Balberde    [ebalberde@hotmail.com](mailto:ebalberde@hotmail.com)

