



Riverside High School

19019 Upper Belmont Place

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RVHS Swim Team 2016-17: Interest Meeting

Welcome to the Riverside Rams Swim Team! We are excited that you are here. The 2016-17 season is going to be an exciting one for RVHS Swimming as we build on our successes from last year.

	<u>2015-16 Results</u>	<u>2016-17 Goals</u>
Boy's Team		
Regular Season	5 wins, 1 loss	6 wins
Regional Championship	4 th	Top 3
State Championship	17 th	Top 12
Girl's Team		
Regular Season	2 wins, 4 losses	7 wins
Regional Championship	5 th	Champions
State Championship	13 th	Top 3

Try-out Information & Expectations

Try-outs for the 2016-17 season start on November 7. We expect swimmers to show up *in shape* for the swim season and ready to compete for positions on the team. As such, swimmers should swim and work-out as often as possible prior to November 7. At a minimum, we recommend that swimmers follow the work-out schedule outlined in the attached calendar.

Each team (Boys & Girls) will have approximately 25 athletes on the team. Coaches will evaluate swimmers during the time trial try-outs and select the team accordingly. All athletes must attend all sessions during try-outs in order to be considered for the team. The time trial try-out schedule is as follows:

Monday, November 7, 2016 – 2:00-3:00pm @ Riverside High School, room 1206 – Info. Meeting

Monday, November 7, 2016 – 8:00-9:15pm @ Lansdowne on the Potomac – 400M freestyle

Tuesday, November 8, 2016 – 8:00-9:15 pm @ Lansdowne on the Potomac – 100M freestyle & 50M breast

Wednesday, November 9, 2016 – 8:00-9:15pm @ Lansdowne on the Potomac – 50M fly & 50M back

Thursday, November 10, 2016 – 4:00pm @ Riverside High School, room 1206 – Team Announced

Swimmers will be evaluated based on times achieved in each event. Coaches will analyze each event separately as well as cumulatively to determine each swimmer's "rank". This analysis will be used to determine the final roster for the Riverside Rams Swim Team.



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In-Season Information & Expectations

As a varsity student-athlete, swimmers are expected to be dedicated and devoted to the swim team. As such, they are expected to attend practices, meetings, and meets in accordance with the team policies.

The practice schedule is as follows:

Monday, Tuesday, & Wednesday: 8:00-9:15 pm @ Lansdowne on the Potomac – regular practices

Thursday: 4:00-5:00 pm @ Riverside High School, room 1206 – team meetings

Thursday: 9:30-10:30 pm @ Ida Lee Recreation Center – starting block practice

We always start on time and end on time. Please plan appropriately, as we have a very tight schedule and limited time in the pool. There is no built in time for breaks, etc, and swimmers are expected to participate throughout the **entire** practice session.

For each practice session, swimmers are expected to bring the following equipment:

Swim suit – must be appropriate for swimming laps/racing. No board shorts, bikinis, etc.

Goggles – more than one pair is recommended, in case one breaks.

Water bottle – athletes need to constantly drink during exercise.

Fins – we use fins often during workouts.

Pull buoys – we use buoys often during workouts.

Swim snorkel (OPTIONAL) – we will be introducing the swim snorkel during workouts this season. Note that this is not a scuba or diving snorkel, but a swim training snorkel.

Hat, Jacket, appropriate shoes – something *appropriate* to wear home after practice. This is a winter sport, and it'll be cold outside. Please dress appropriately so that you don't get sick!

It is extremely important that swimmers come to every swim team event with a great attitude. While things are very structured, we have a lot of fun throughout the season. We want everyone to have a great time, to be great teammates, to constantly improve, and to love the sport. Through this, we will be extremely successful as a team and exceed all of our goals!

Go Rams!

Coach Getis

Coach Quinn

RVHS Swim Team Calendar – 2016-17 Season

~ October 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Complete Pre-season Swim Workout - Select from options online or create your own - At least 1800 meters	4 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	5 Complete Pre-season Swim Workout - Select from options online or create your own - At least 1800 meters	6 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches Parents Interest Meeting - 6:00 pm RVHS	7	8
9	10 **Columbus Day**	11 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	12 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	13 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	14 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	15
16	17 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	18 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	19 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	20 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	21	22
23	24 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	25 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	26 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	27 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	27	29
30	31 **Happy Halloween**			Notes:		

~ November 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	2 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2600 meters	3 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	4 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2600 meters	
6	7 **No School for Students** Mandatory Team Meeting 2:00-3:00 pm Try-outs Practice – 8:00-9:15 pm Potomac Club	8 **No School for Students** Try-outs Time Trials – 8:00-9:15 pm Potomac Club	9 Try-outs Time Trials – 8:00-9:15 pm Potomac Club	10 Mandatory Team Meeting Team Announced – 4:00-5:00 pm Room 1206	11	12
13	14 Practice – 8:00-9:15 pm Potomac Club	15 Team Picture – 4:00-6:00 pm @ RVHS Parent's Meeting – 7:00-9:00 pm @ RVHS Practice – 8:00-9:15 pm Potomac Club	16 Practice – 8:00-9:15 pm Potomac Club	17 Team Meeting – 4:00-5:00 pm - Room 1206 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	18	19
20	21 Practice – 8:00-9:15 pm Potomac Club	22 Practice – 8:00-9:15 pm Potomac Club	23 **NO PRACTICE**	24 **NO PRACTICE** **Thanksgiving**	25	26
27	28 Practice – 8:00-9:15 pm Potomac Club	29 Practice – 8:00-9:15 pm Potomac Club	30 Practice – 8:00-9:15 pm Potomac Club	Notes:		

~ December 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Team Meeting – 4:00-5:00 pm - Room 1206 Pasta Party @TBD's 7:00 pm	2 Swim Meet (Ida Lee) vs Loudoun Valley (A) – 9:0 0 pm	3
4	5 Practice – 8:00-9:15 pm Potomac Club	6 Practice – 8:00-9:15 pm Potomac Club	7 Practice – 8:00-9:15 pm Potomac Club	8 Team Meeting – 4:00-5:00 pm - Room 1206 <i>Starting Blocks Practice</i> <i>9:30-10:30pm – Ida Lee</i>	9 Pasta Party @TBD's 7:00 pm	10 Swim Meet (Central Park Aquatic Center) vs Brensville (A) – 12:00 pm
11	12 Practice – 8:00-9:15 pm Potomac Club	13 Practice – 8:00-9:15 pm Potomac Club	14 Practice – 8:00-9:15 pm Potomac Club	15 Team Meeting – 4:00-5:00 pm - Room 1206 <i>Starting Blocks Practice</i> <i>9:30-10:30pm – Ida Lee</i>	16 Pasta Party @TBD's 6:00 – 8:00 pm	17 Swim Meet (Claude Moore) vs Rock Ridge (H) – 3:30 pm
18	19 Practice – 8:00-9:15 pm Potomac Club	20 Practice – 8:00-9:15 pm Potomac Club	21 Practice – 8:00-9:15 pm Potomac Club	22 **No School for Students** Pasta Party @TBD's 7:00 pm	23 **No School for Students** Swim Meet (Ida Lee) vs Loudoun County (A) – 7:00 pm	24
25	26 Practice – 8:00-9:15 pm Potomac Club	27 Practice – 8:00-9:15 pm Potomac Club	28 Practice – 8:00-9:15 pm Potomac Club	29 <i>Starting Blocks Practice</i> <i>9:30-10:30pm – Ida Lee</i>	30	31

~ January 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 **No School for Students** Practice – 8:00-9:15 pm Potomac Club	3 Practice – 8:00-9:15 pm Potomac Club	4 Practice – 8:00-9:15 pm Potomac Club	5 Team Meeting – 4:00-5:00 pm - Room 1206 Pasta Party @TBD's 7:00 pm	6 Swim Meet (Ida Lee) vs Heritage (H) – 7:00 pm	7
8	9 Practice – 8:00-9:15 pm Potomac Club	10 Practice – 8:00-9:15 pm Potomac Club	11 Practice – 8:00-9:15 pm Potomac Club	12 Team Meeting – 4:00-5:00 pm - Room 1206 Pasta Party @TBD's 7:00 pm	13 Swim Meet (Barnett Park) vs Handley (A) – 7:00 pm	14 Swim Meet (Claude Moore) vs Dominion (A) – 11:30 am
15	16 Practice – 8:00-9:15 pm Potomac Club	17 Practice – 8:00-9:15 pm Potomac Club	18 Practice – 8:00-9:15 pm Potomac Club	19 Team Meeting – 4:00-5:00 pm - Room 1206 Pasta Party @TBD's 7:00 pm	20 Swim Meet (Ida Lee) vs Stone Bridge (H) – 7:00 pm	21 Swim Meet (Claude Moore) vs Park View (A) – 5:30 pm
22	23 Practice – 8:00-9:15 pm Potomac Club	24 Practice – 8:00-9:15 pm Potomac Club	25 Practice – 8:00-9:15 pm Potomac Club	26 Team Meeting – 4:00-5:00 pm - Room 1206 <i>Starting Blocks Practice</i> <i>9:30-10:30pm – Ida Lee</i>	27	28
29	30 Practice – 8:00-9:15 pm Potomac Club	31 Practice – 8:00-9:15 pm Potomac Club				

~ February 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice – 8:00-9:15 pm Potomac Club	2 Team Meeting – 4:00-5:00 pm - Room 1206 <i>Starting Blocks Practice</i> 9:30-10:30pm – Ida Lee	3	4
5	6 Practice – 8:00-9:15 pm Potomac Club	7 Practice – 8:00-9:15 pm Potomac Club	8 Practice – 8:00-9:15 pm Potomac Club	9 Team Meeting – 4:00-5:00 pm - Room 1206 Pasta Party @TBD's 7:00 pm	10 Regional Championship Meet Richmond, VA Time TBD	11
12	13 Practice – 8:00-9:15 pm Potomac Club	14 Practice – 8:00-9:15 pm Potomac Club	15 Practice – 8:00-9:15 pm Potomac Club	16 <i>Planned travel to Richmond, VA for State Championship Meet</i> - After School	17 State Championship Meet Richmond, VA Time TBD	18
19	20	21	22	23 End-of-Season Party RVHS Cafeteria 7:00-9:00 pm	24	28
26	27	28				